

# MIDUS and MIDJA Timelines, Samples, and Projects

Core Samples (RDD, Twins, Siblings)

## M1

Survey<sup>1</sup> n=7108

Daily Stress<sup>1</sup> n=1499

## M2

Survey<sup>2</sup> n = 4963

Cognitive<sup>1</sup> n = 4512

Daily Stress<sup>2</sup> n = 2022

Biomarker<sup>1</sup> n = 1255

Neuroscience<sup>1</sup> n = 331

Milwaukee<sup>1</sup> n = 592

## M3

Survey<sup>3</sup> n = 3294

Cognitive<sup>2</sup> n = 2693

Daily Stress planned<sup>3</sup>

Biomarker planned<sup>2</sup>

Neuroscience planned<sup>2</sup>

Milwaukee planned<sup>2</sup>

### KEY

- M1- MIDUS Baseline Study
- M2- 1st MIDUS Follow-up
- M3- 2nd MIDUS Follow-up
- MR- MIDUS Refresher

- MIDJA 1- Midlife in Japan
- MIDJA 2- 1st Follow-up
- Superscript<sup>1, 2, 3</sup> = wave of data collection
- n ≈ projected sample size
- RDD- Random Digit Dialing

MIDUS Sample Expansion

## MR

Survey<sup>1</sup> n = 3573

Cognitive<sup>1</sup> n = 2550

Daily Stress<sup>1</sup> n ≈ 800

Biomarker<sup>1</sup> n ≈ 1000

Neuroscience<sup>1</sup> n ≈ 175

Milwaukee<sup>1</sup> n=508

## MIDJA

Survey<sup>1</sup> n=1027

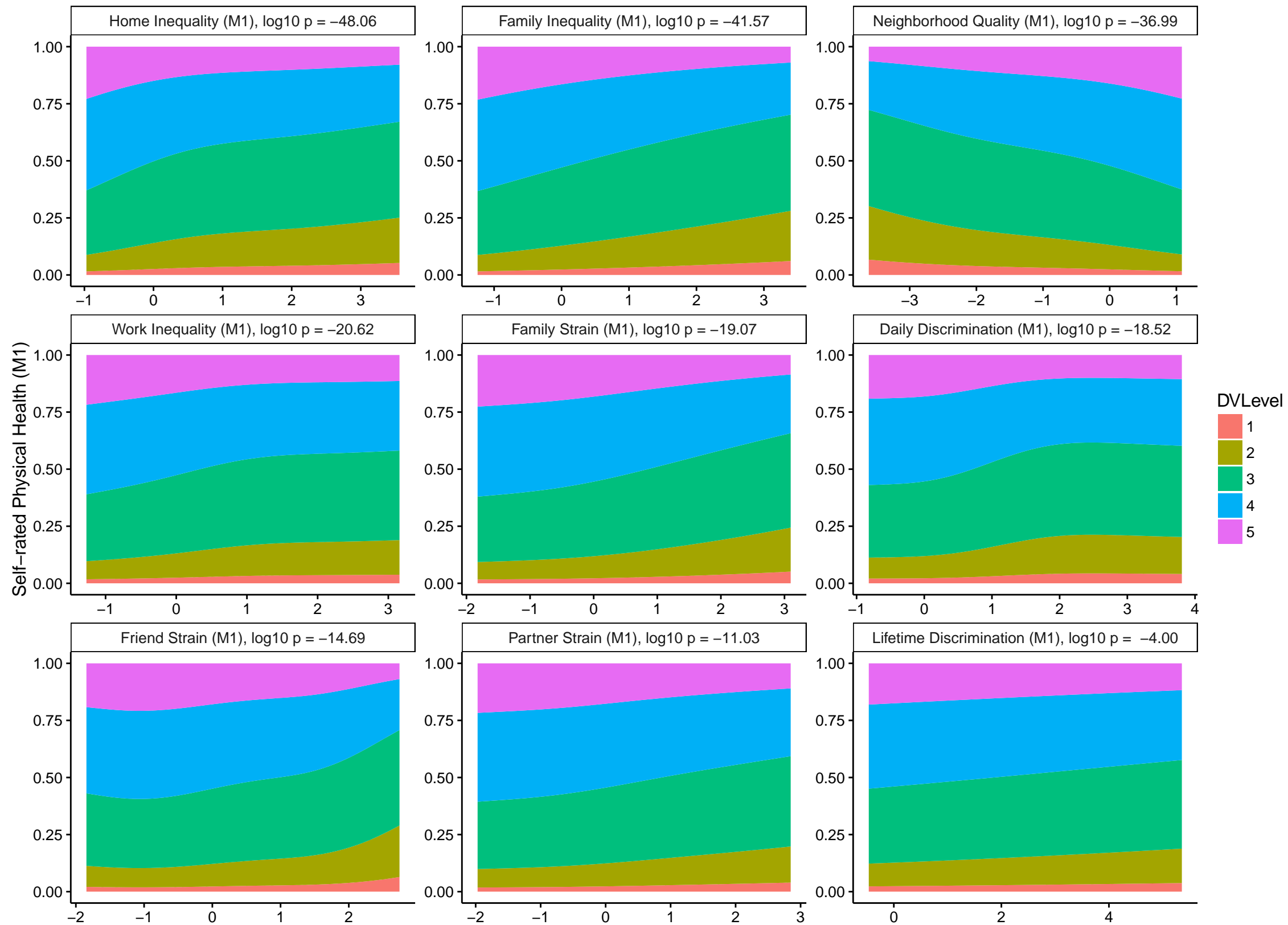
Biomarker<sup>1</sup> n=382

Survey<sup>2</sup> n=657

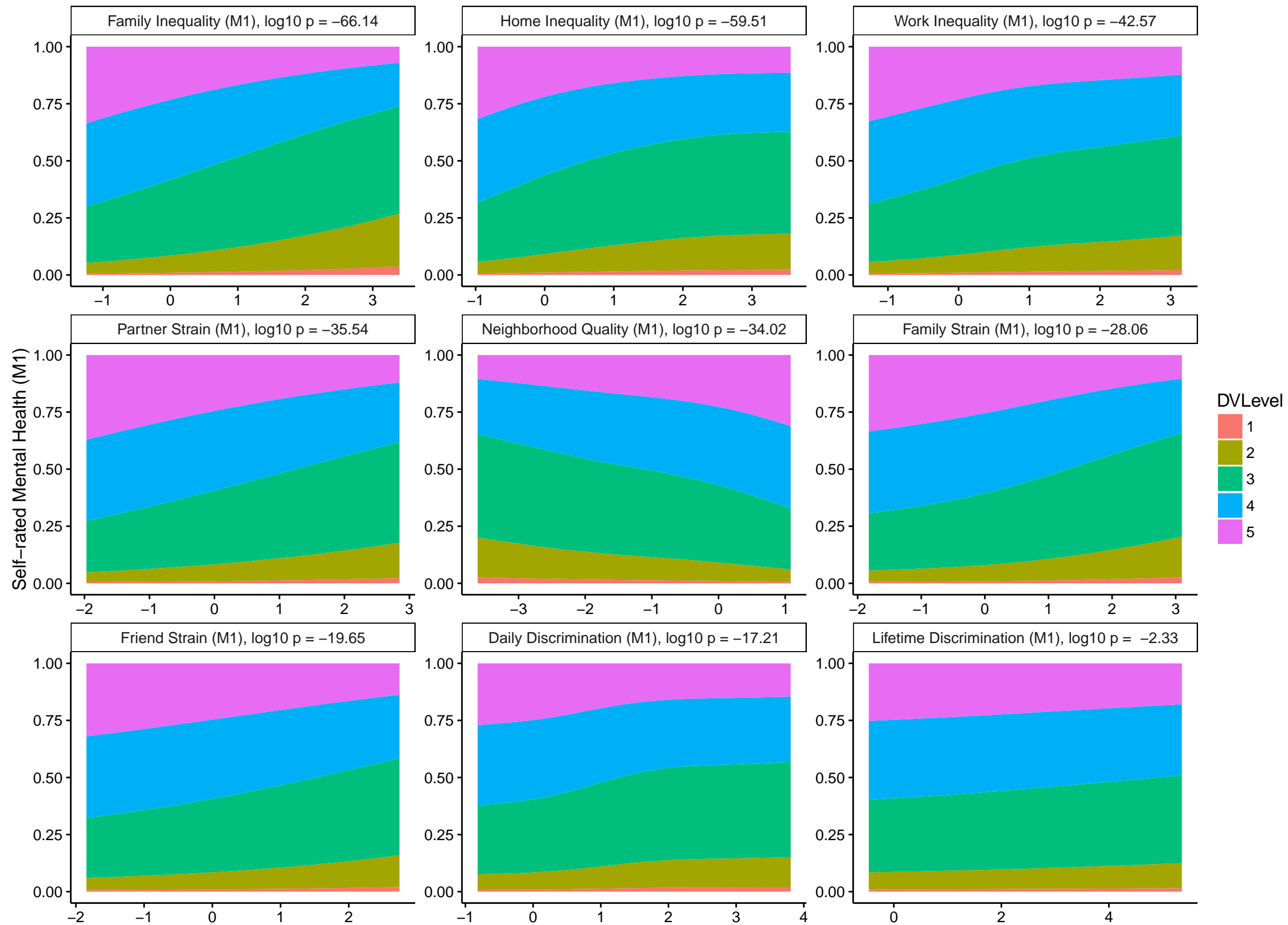
Biomarker<sup>2</sup> n=350



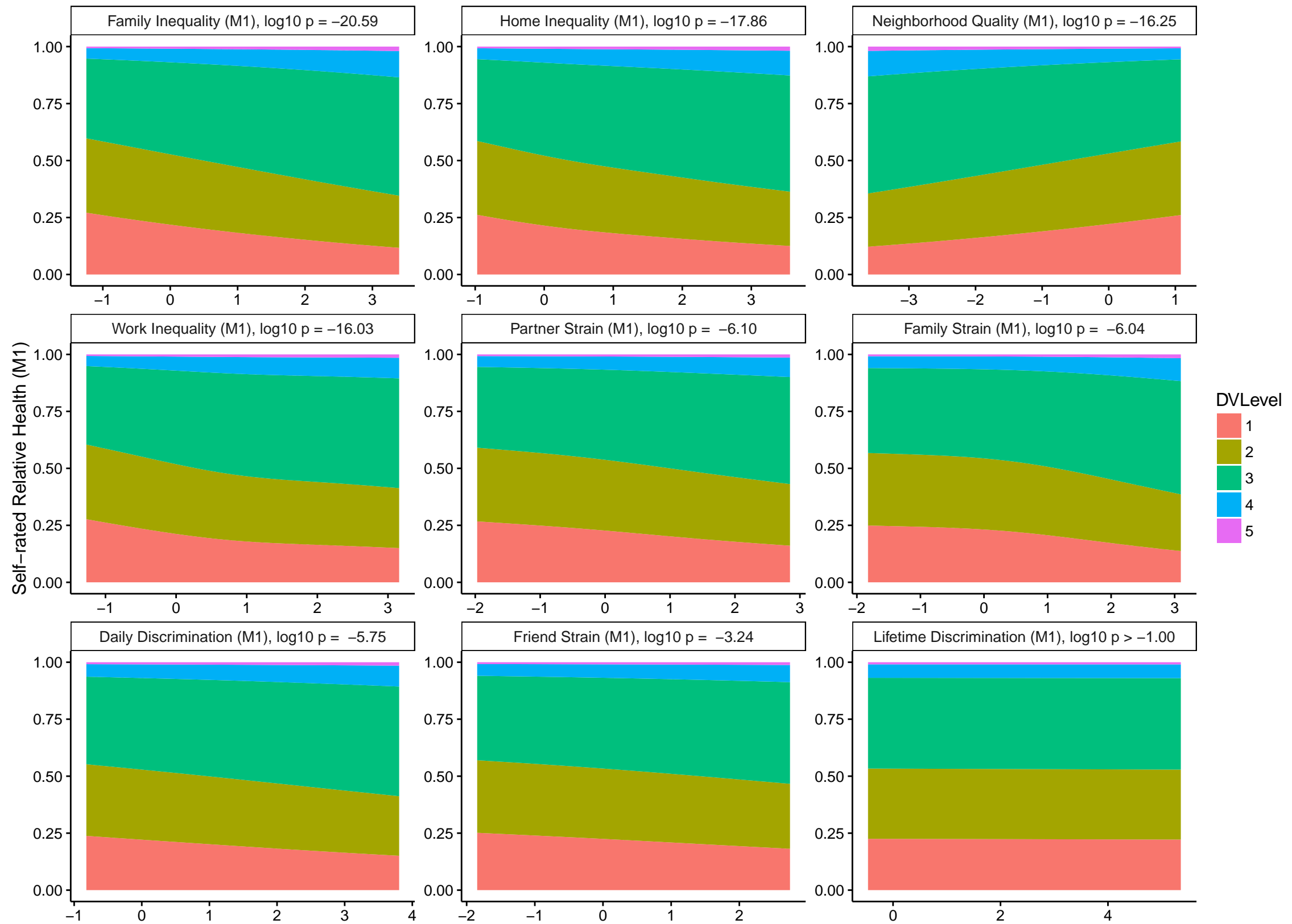
# Self-rated Physical Health (M1)



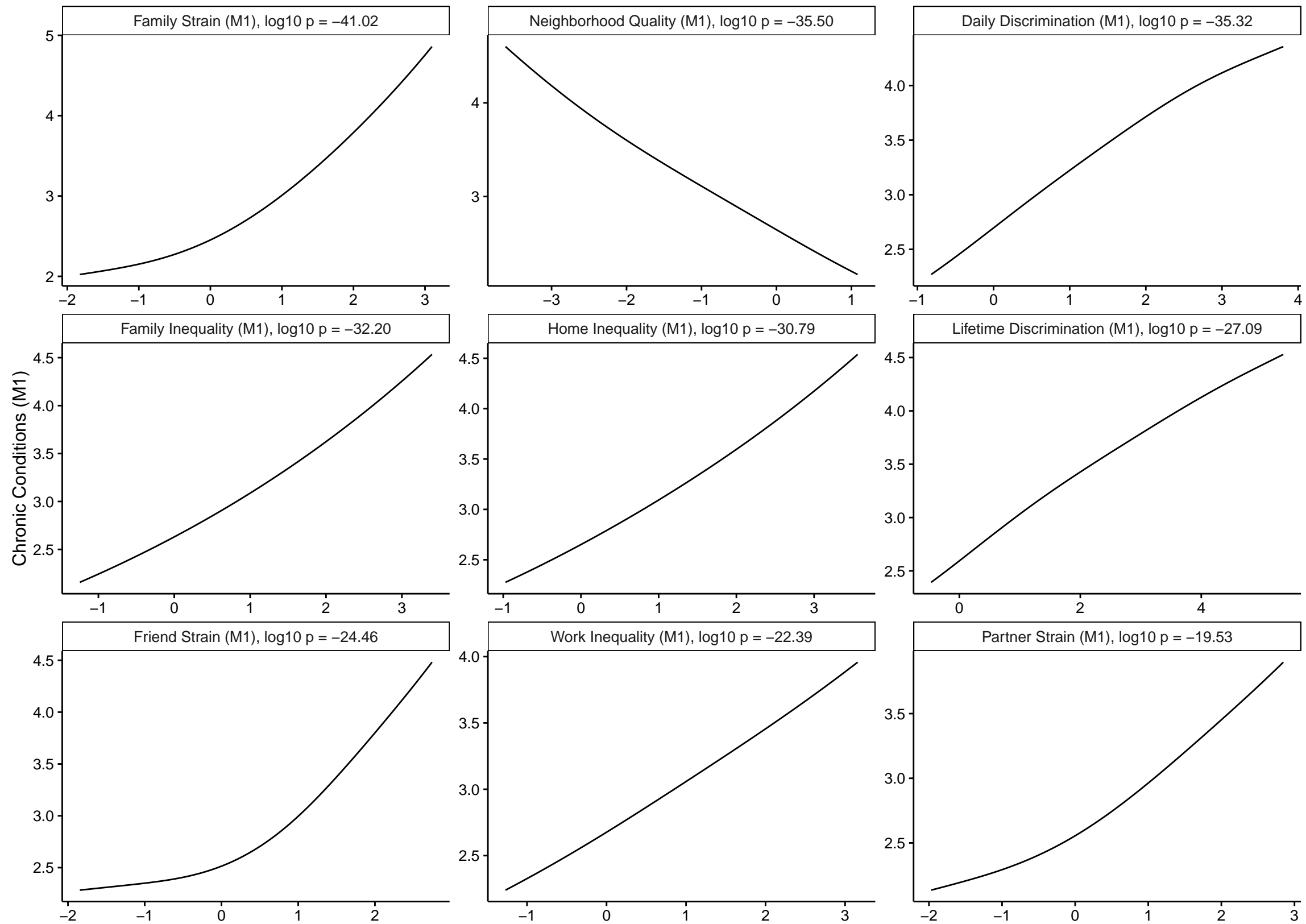
# Self-rated Mental Health (M1)



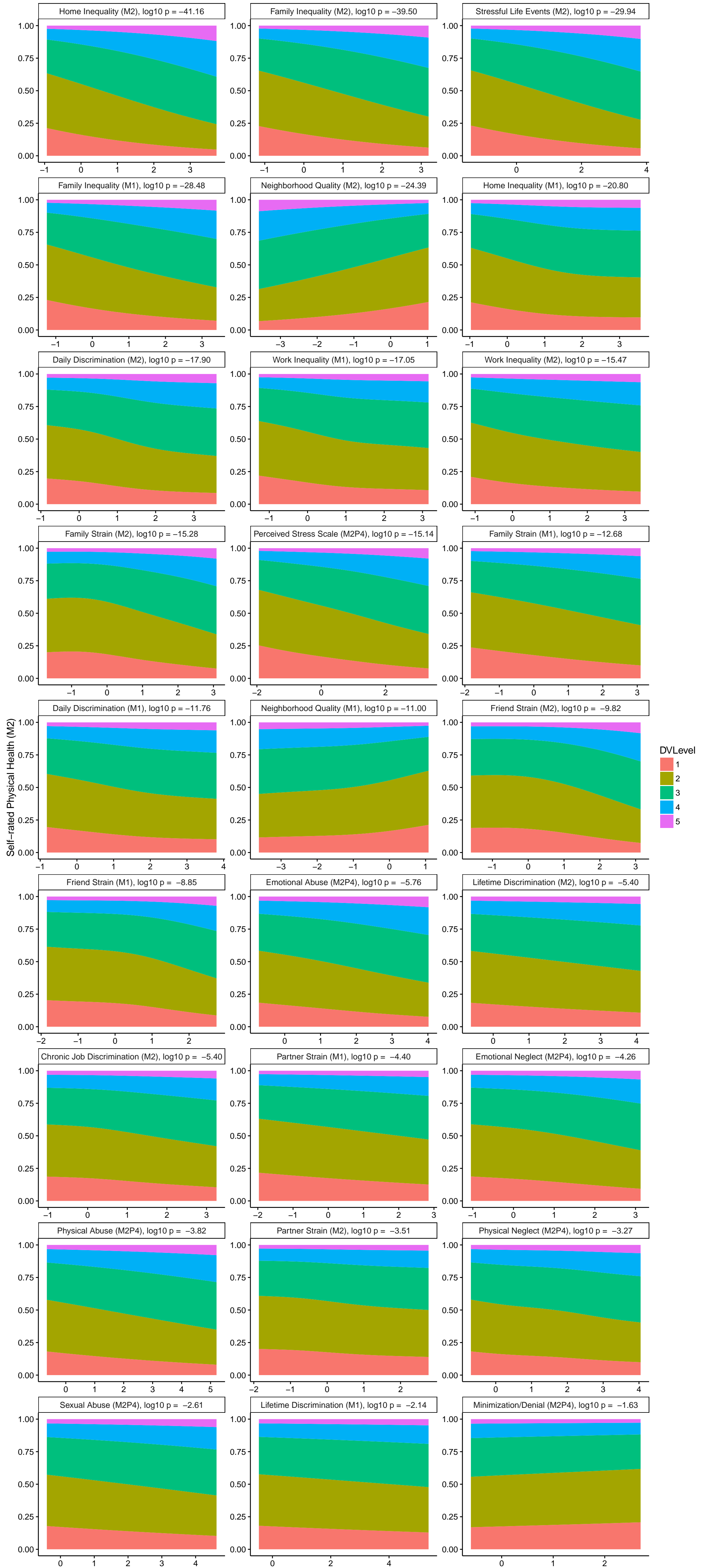
# Self-rated Relative Health (M1)



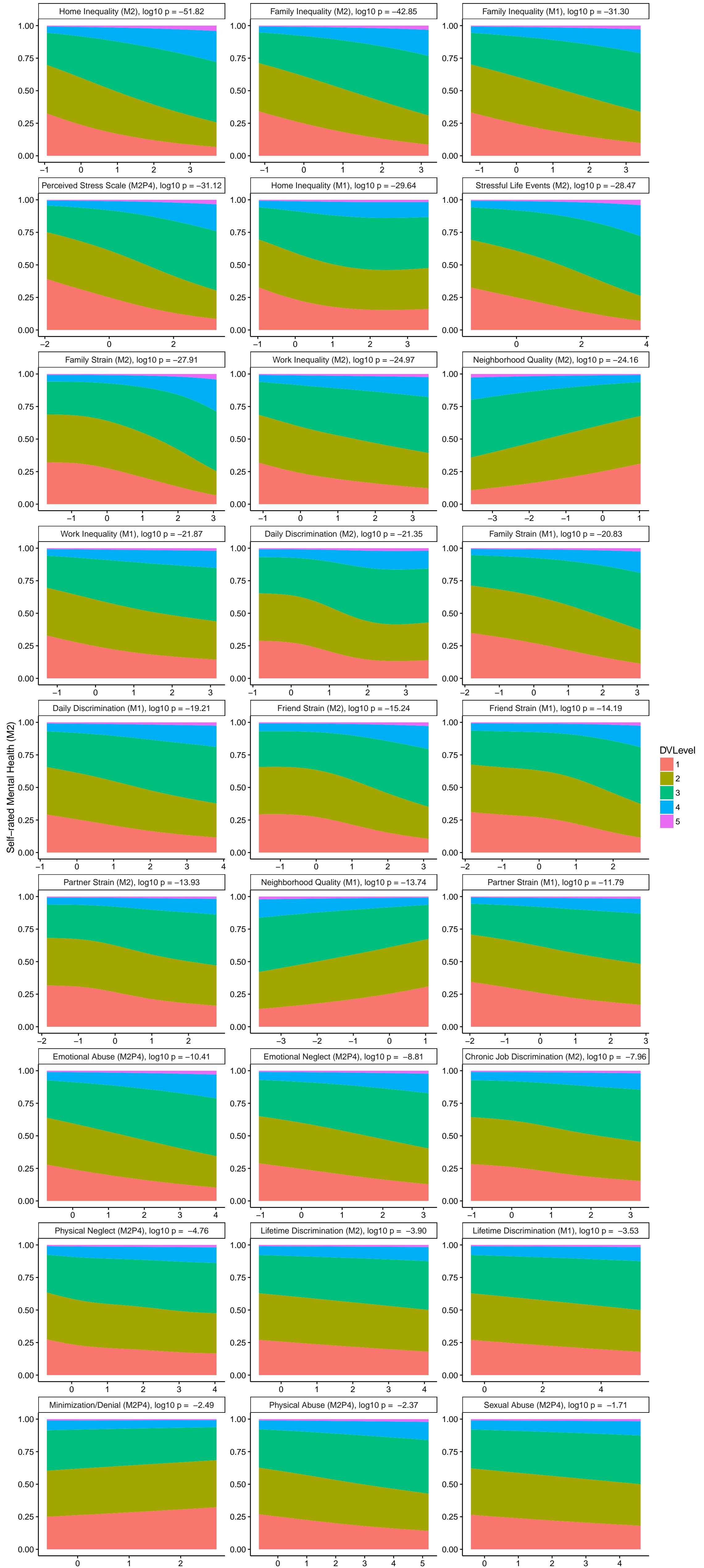
## Chronic Conditions (M1)



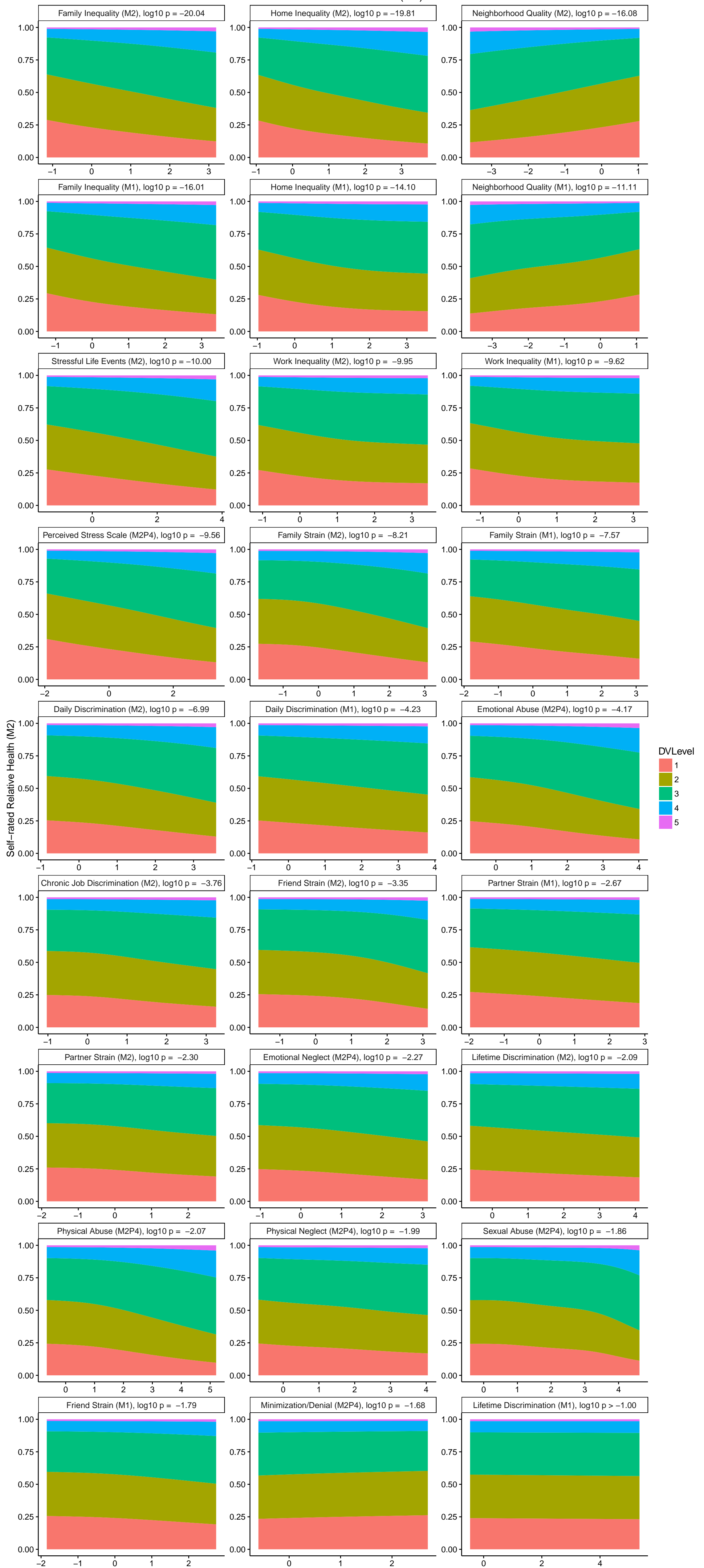
# Self-rated Physical Health (M2)



Self-rated Mental Health (M2)

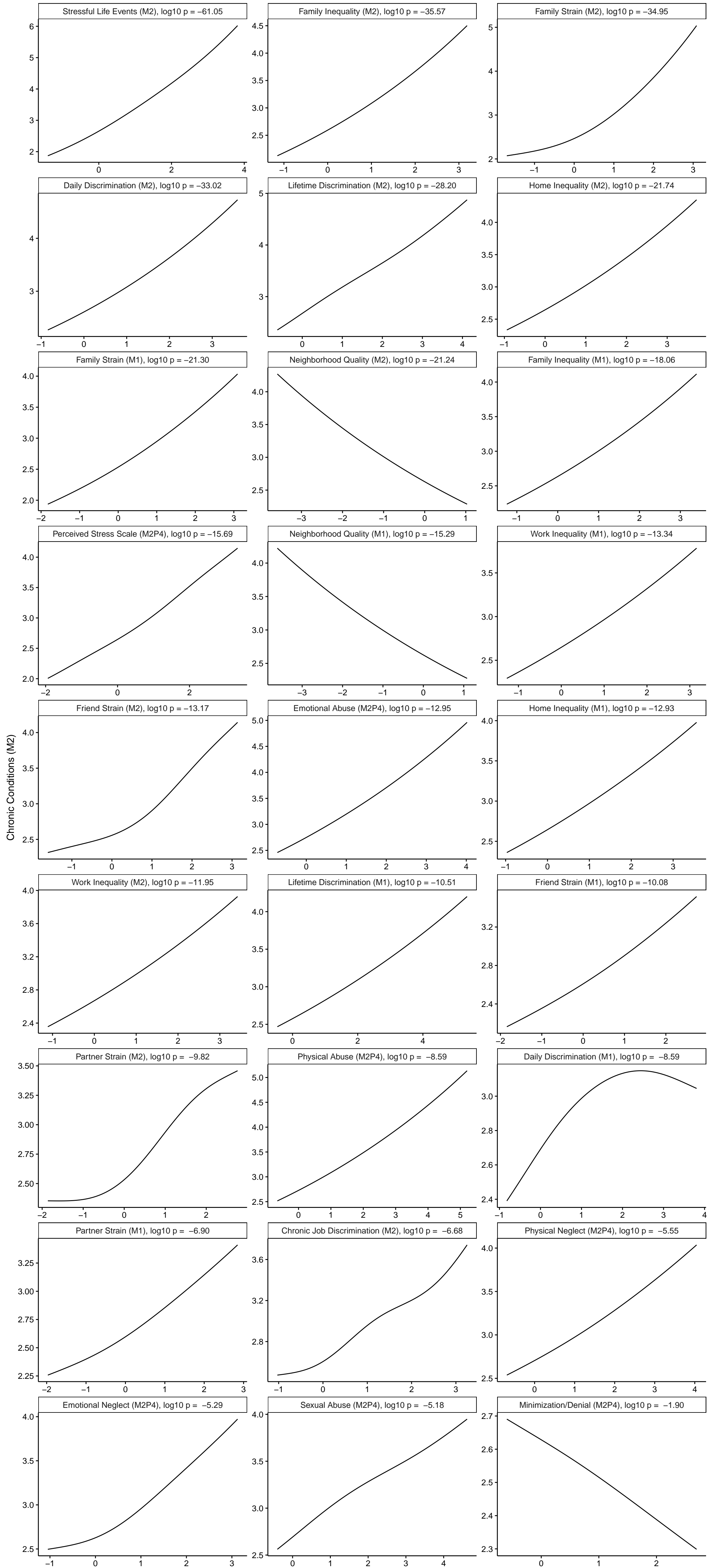


Self-rated Relative Health (M2)

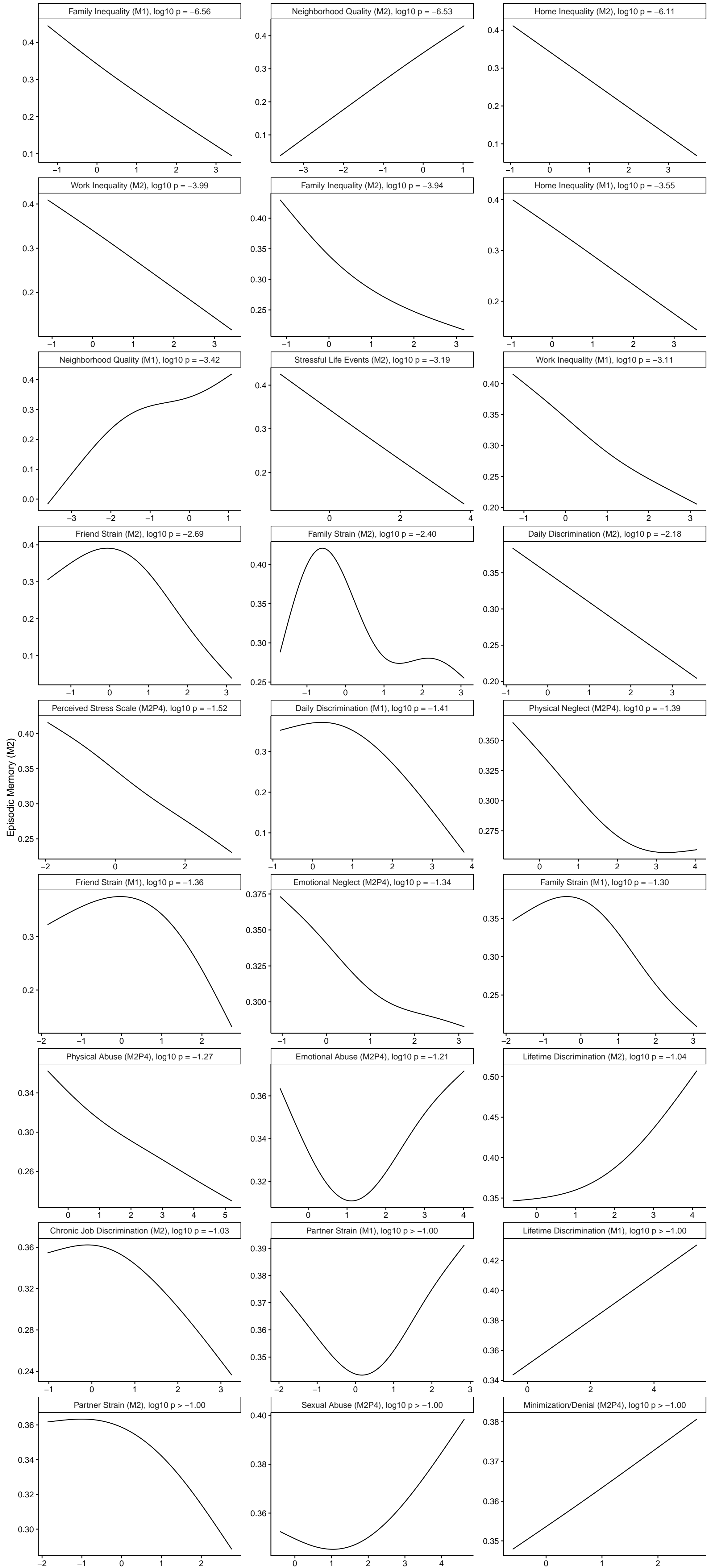




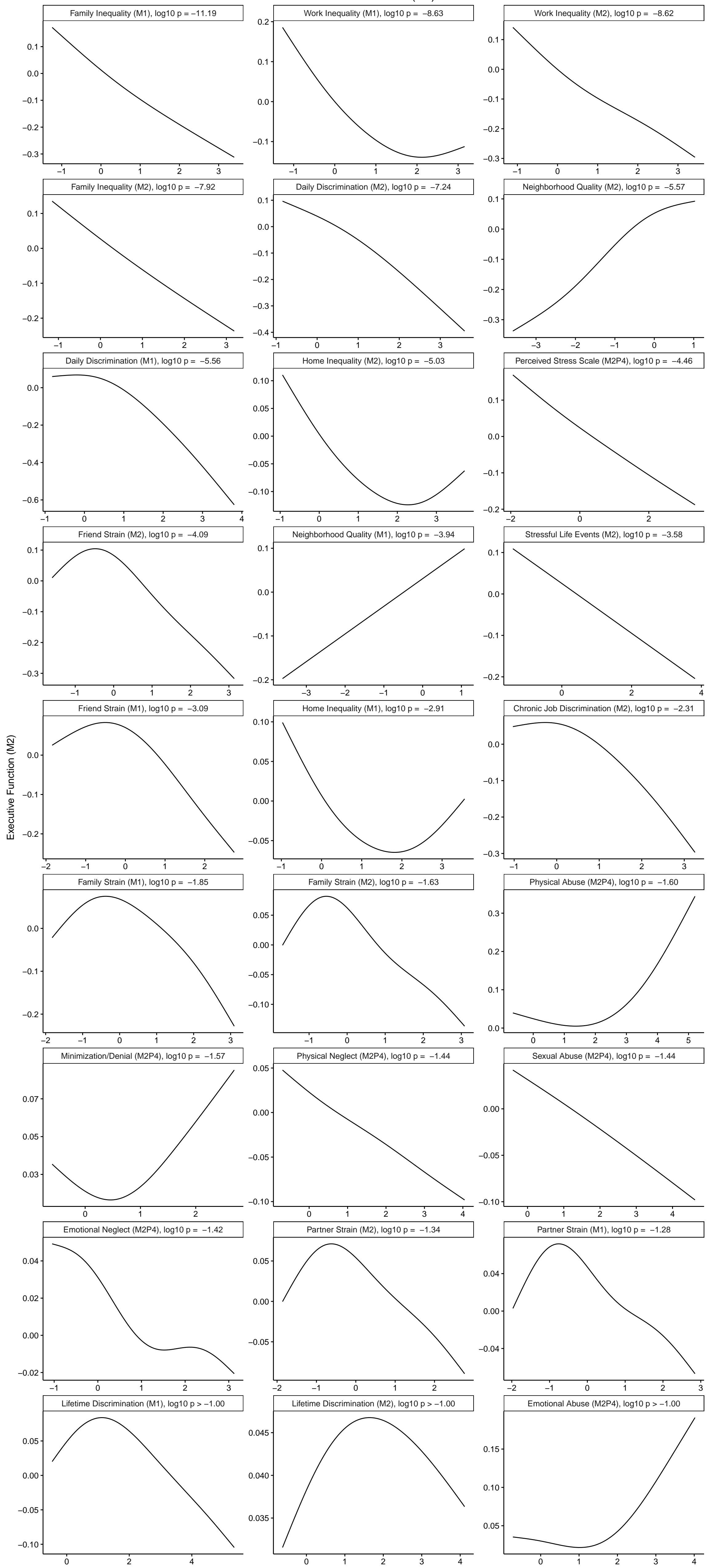
Chronic Conditions (M2)



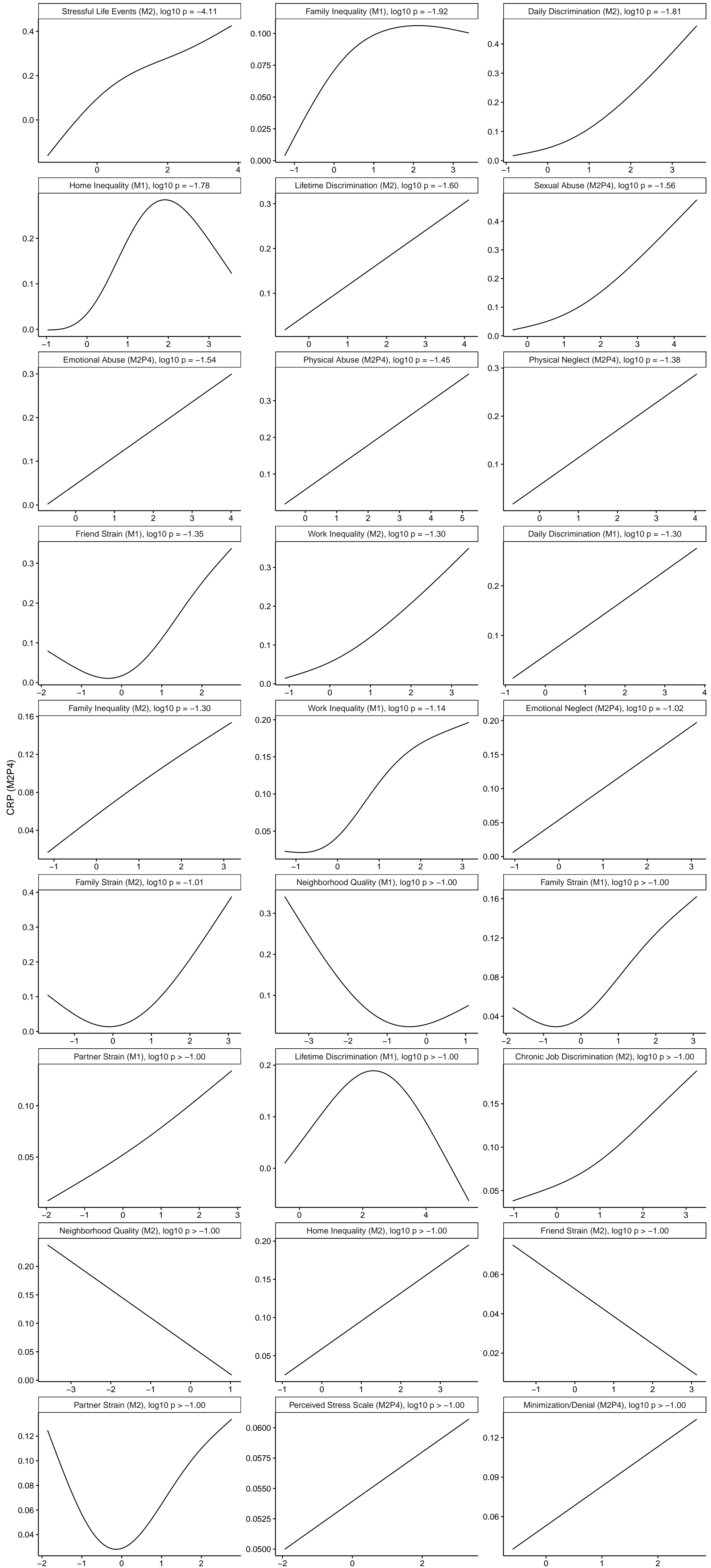
Episodic Memory (M2)



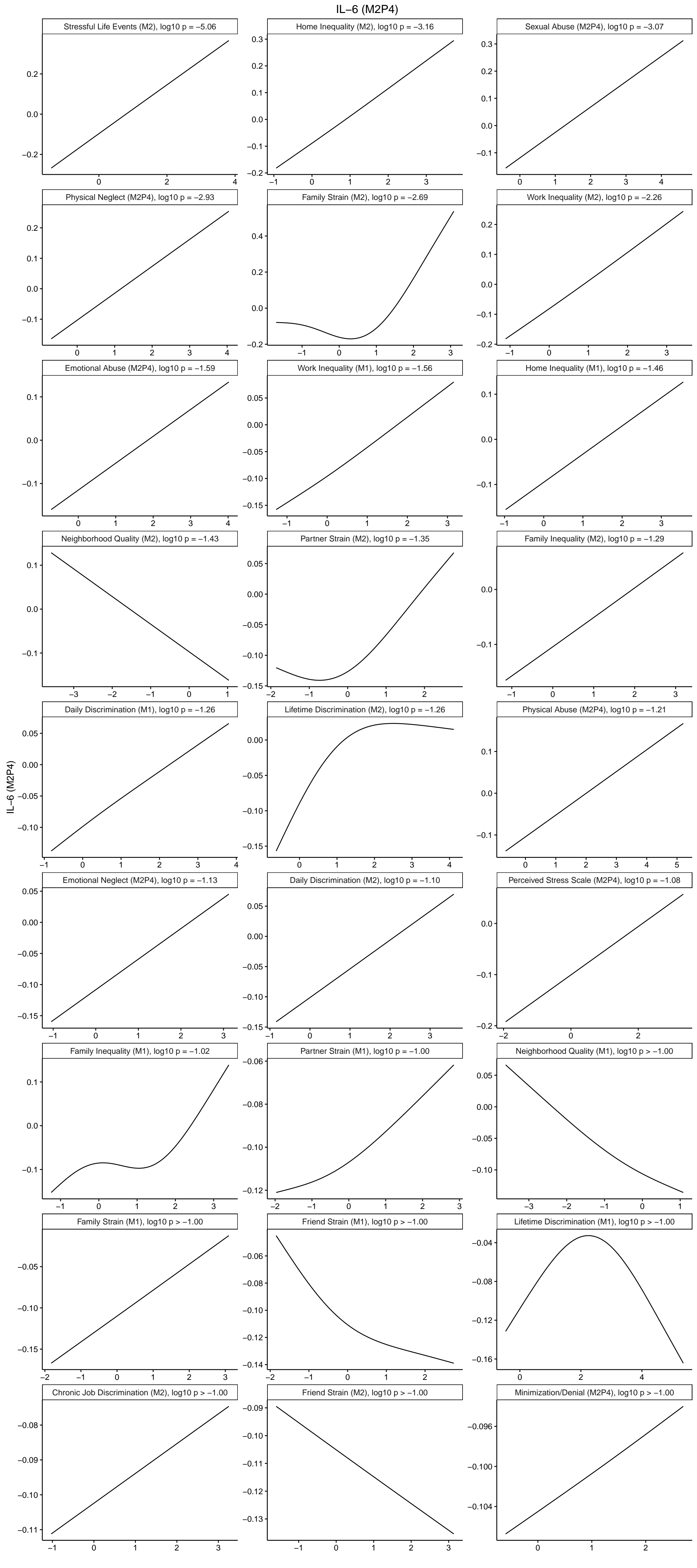
Executive Function (M2)



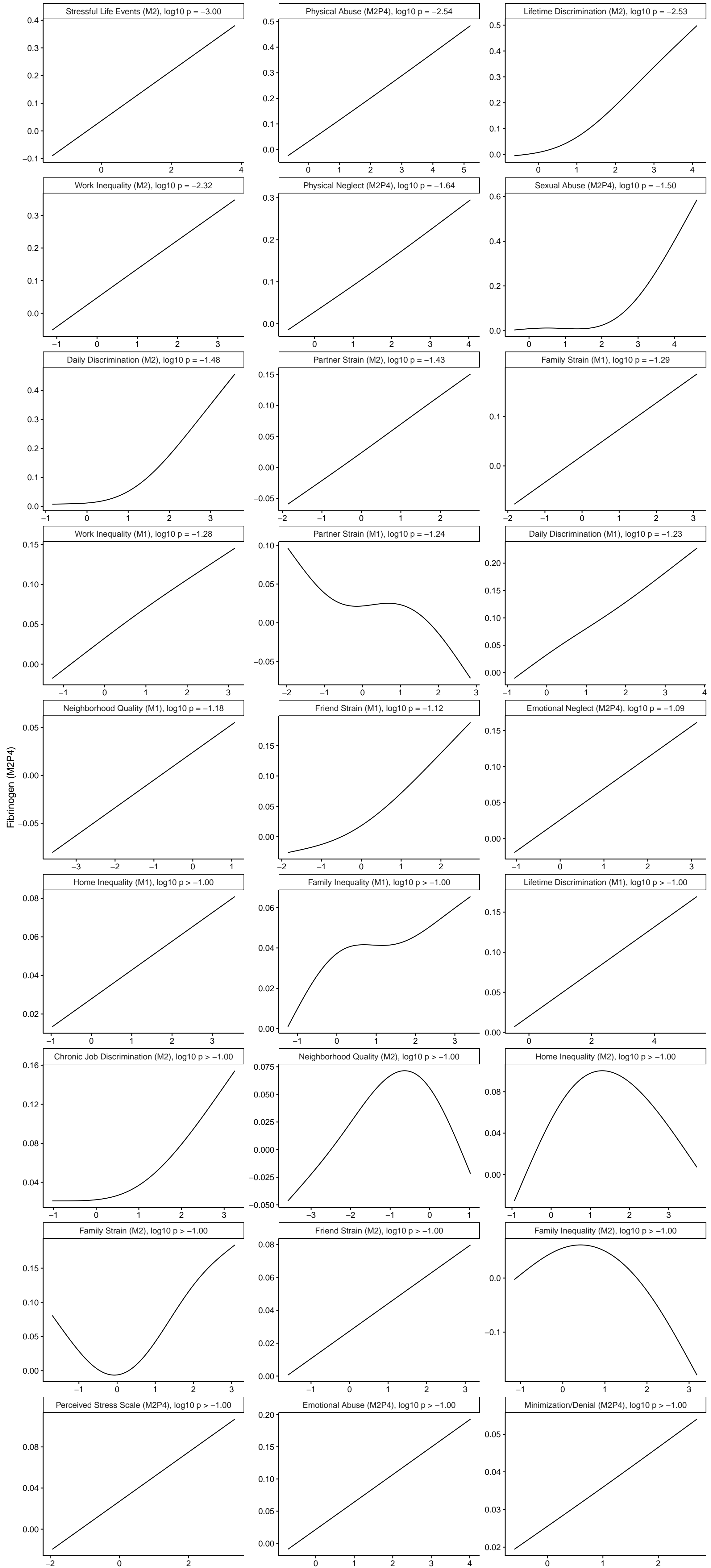
CRP (M2P4)



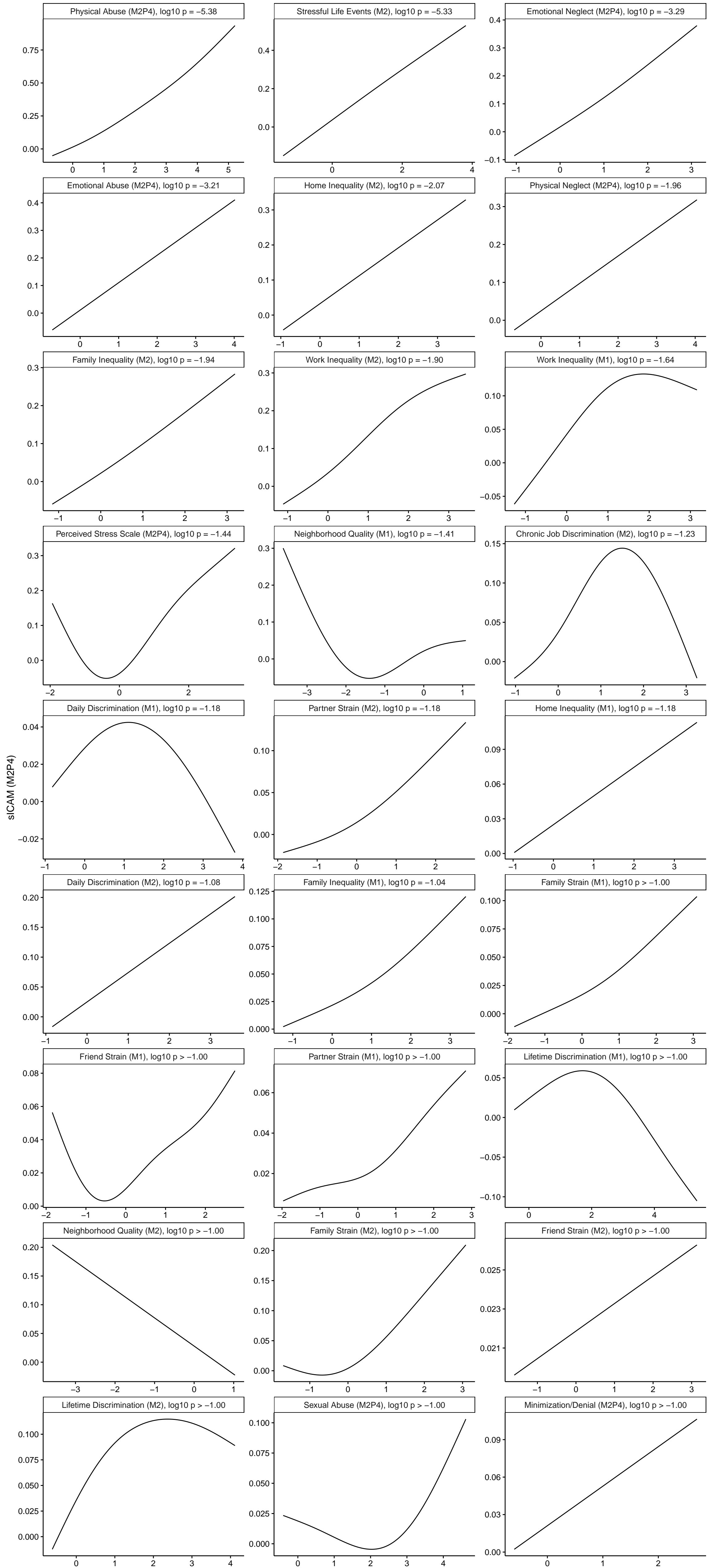
IL-6 (M2P4)



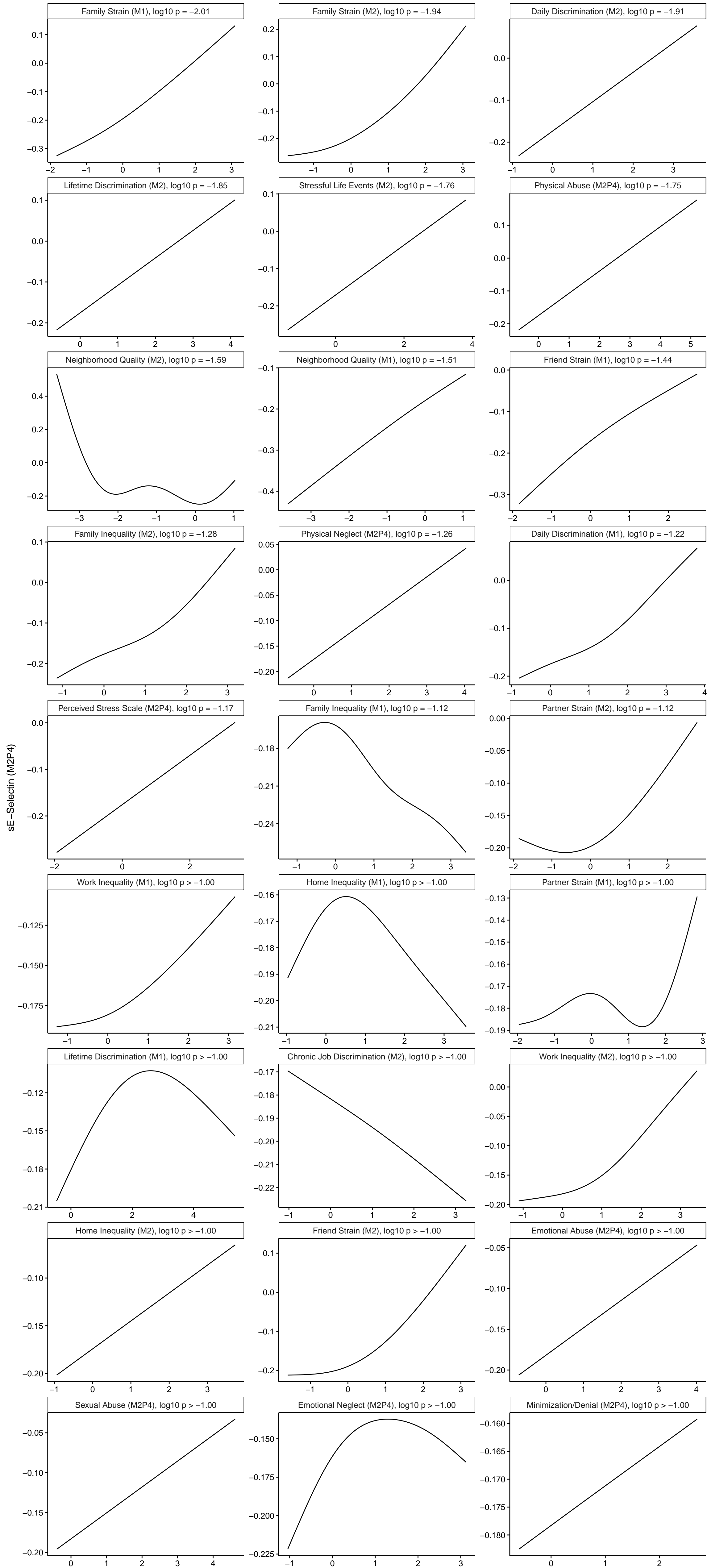
Fibrinogen (M2P4)



sICAM (M2P4)

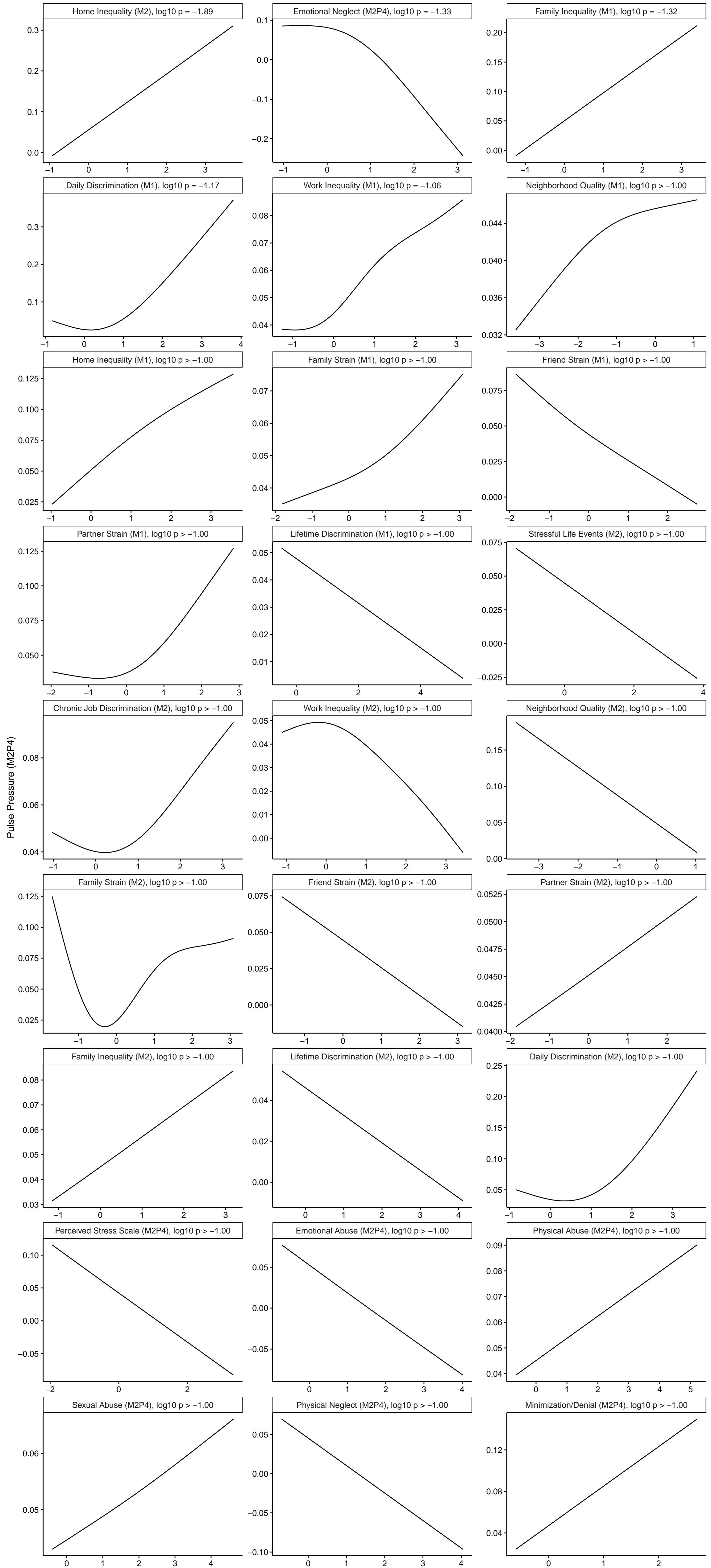


sE-Selectin (M2P4)

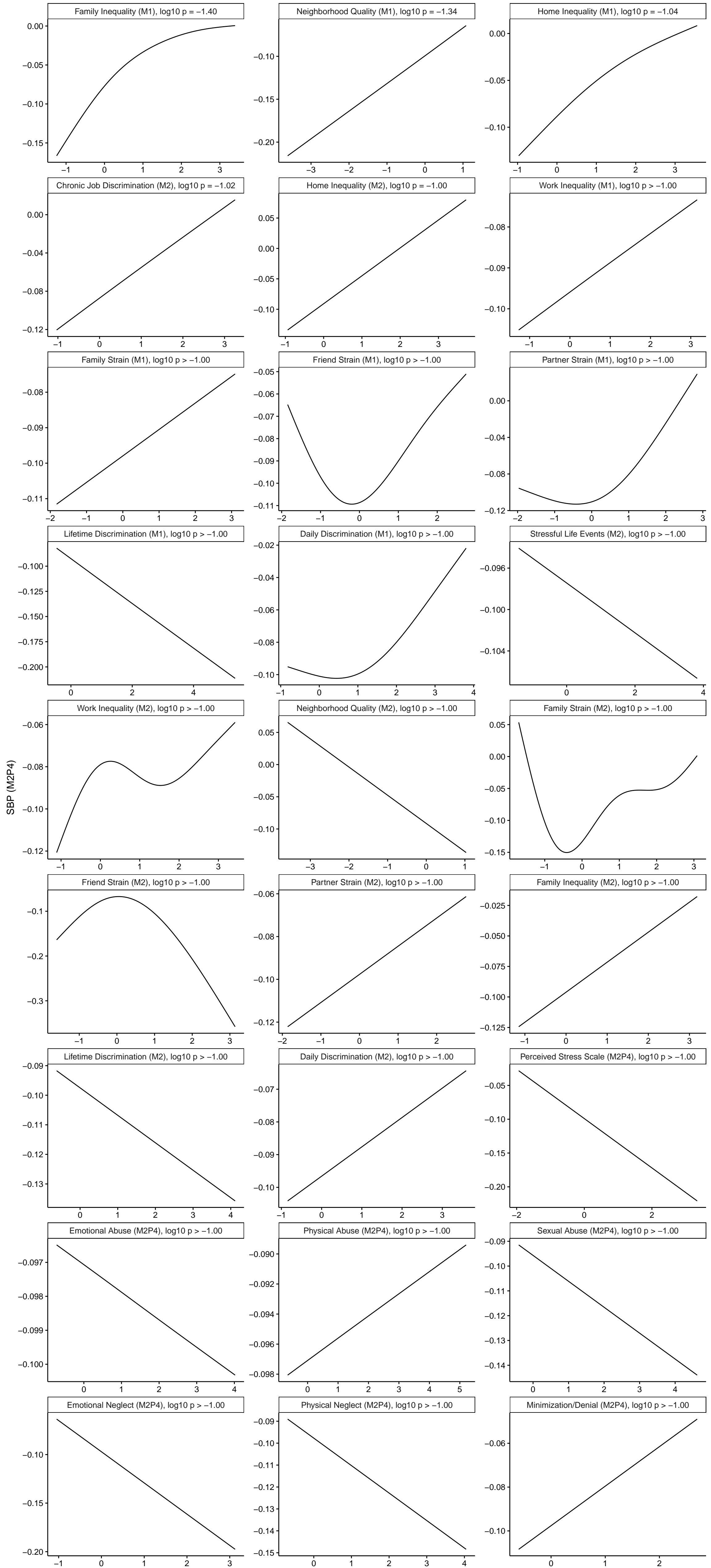




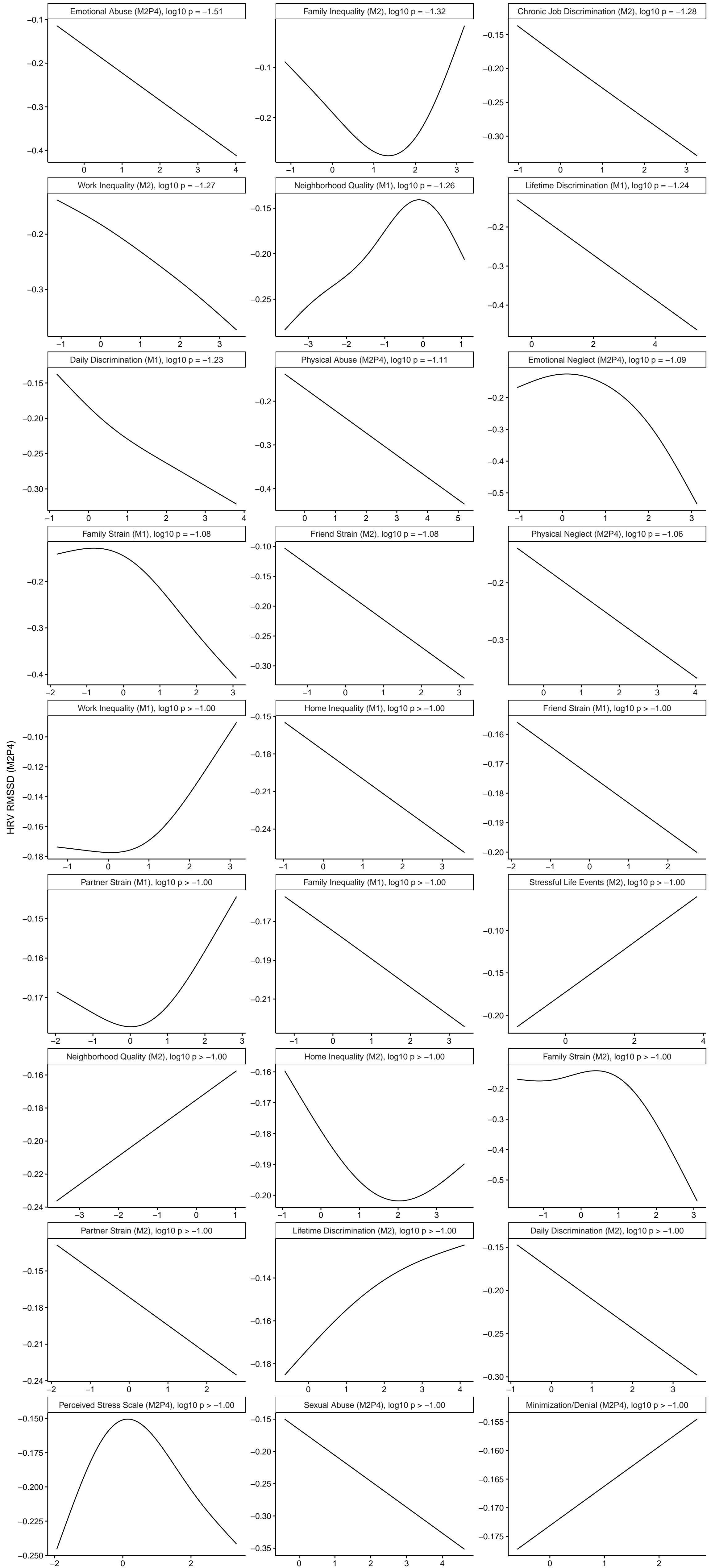
Pulse Pressure (M2P4)



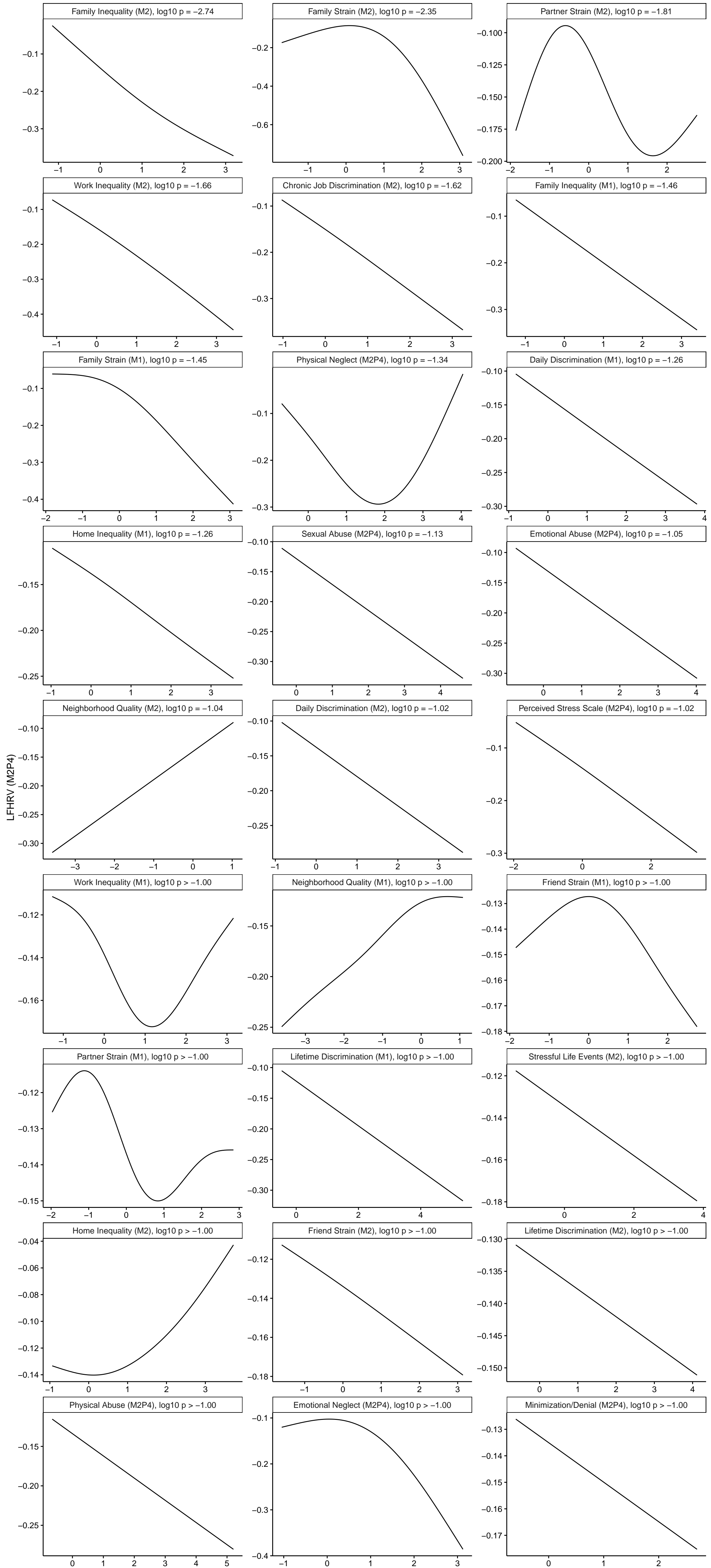
SBP (M2P4)



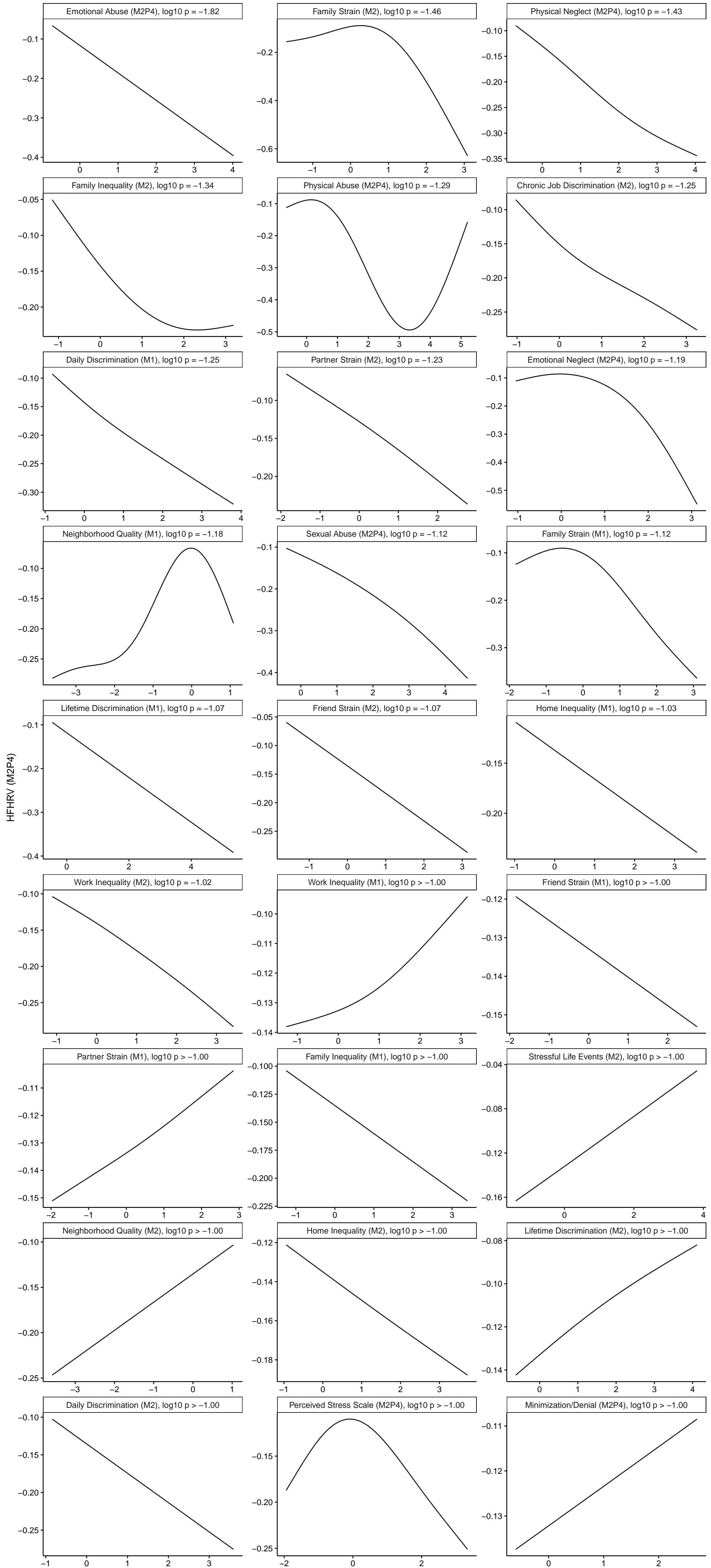
HRV RMSSD (M2P4)



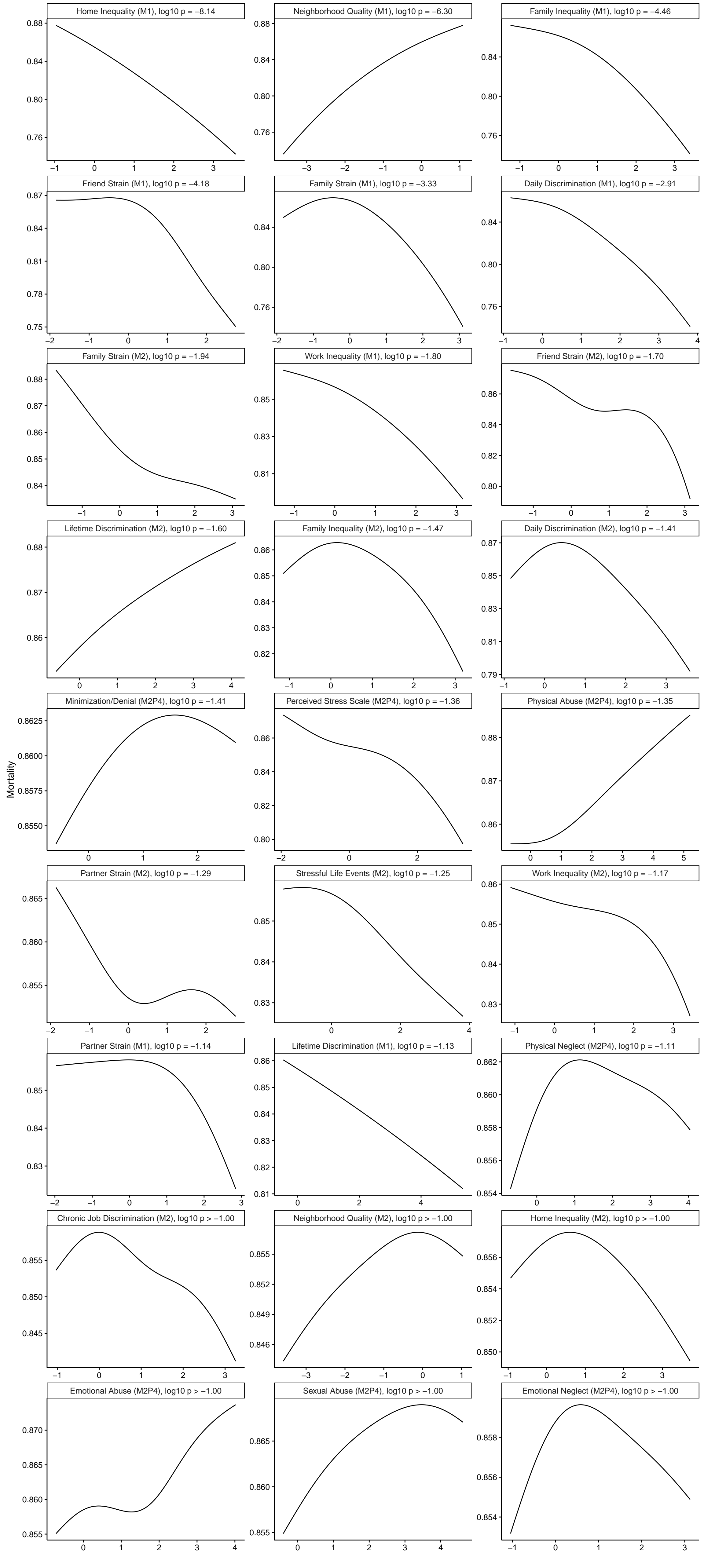
LFHRV (M2P4)



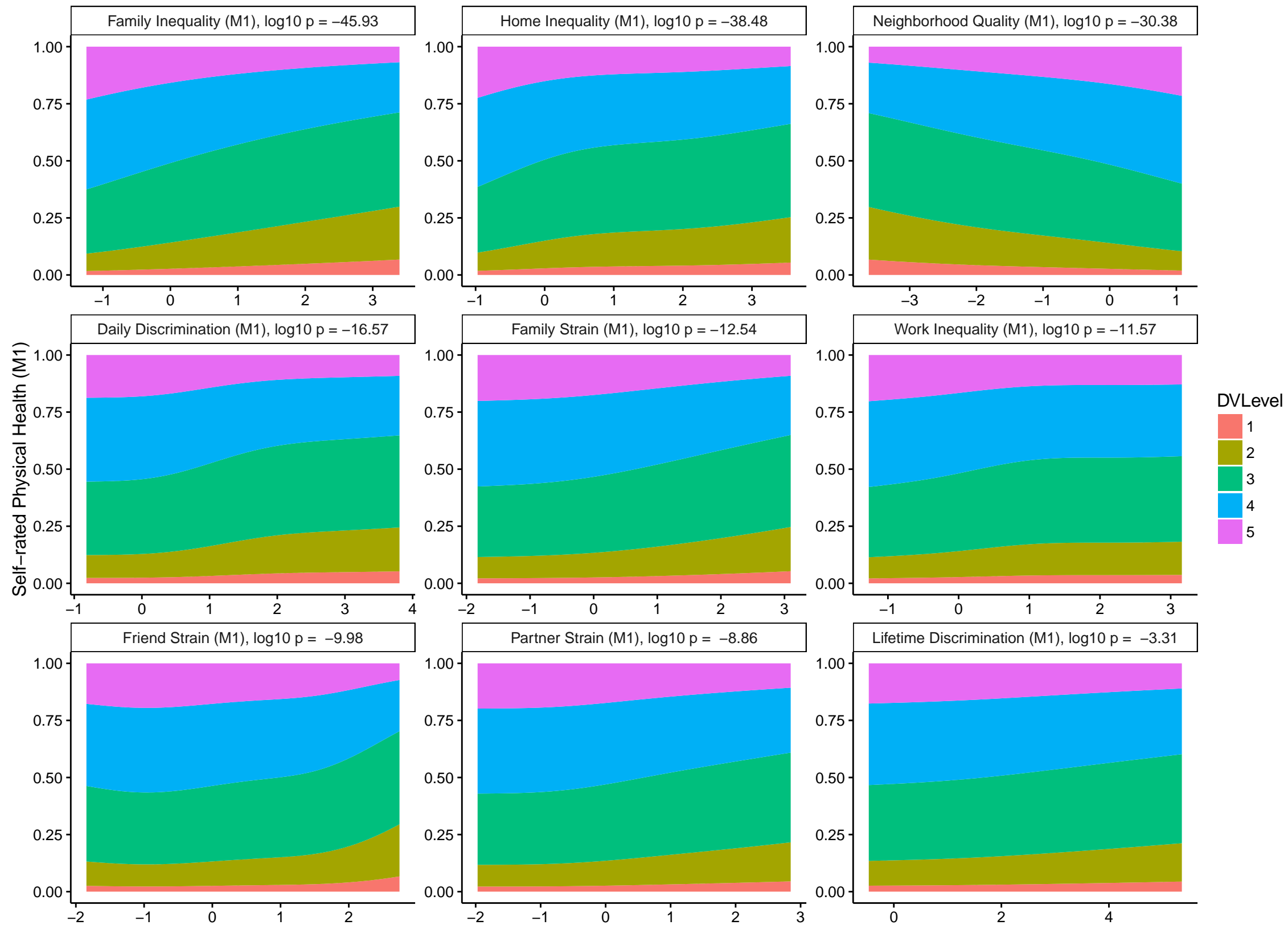
HFHRV (M2P4)



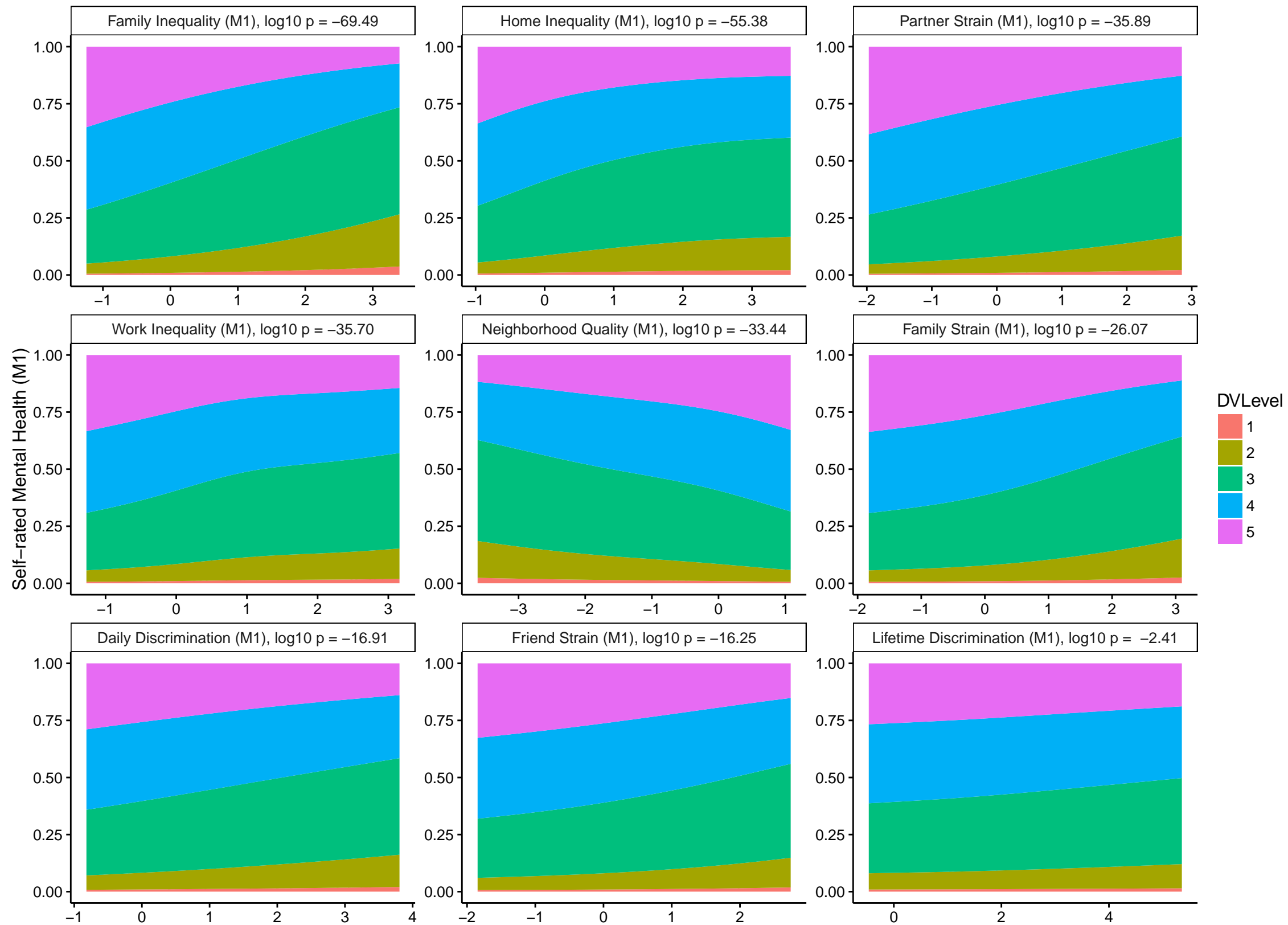
Mortality



# Self-rated Physical Health (M1)

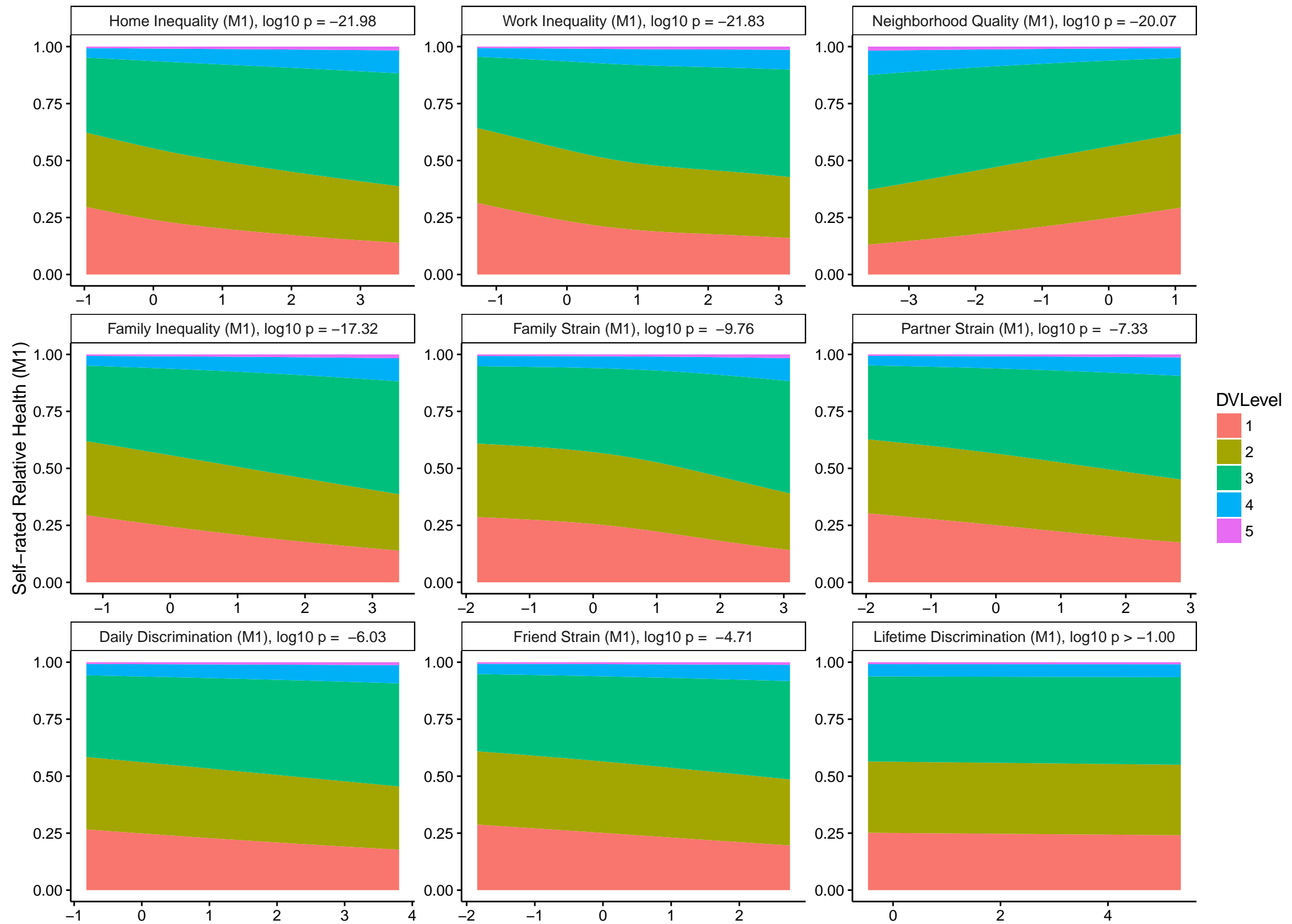


# Self-rated Mental Health (M1)

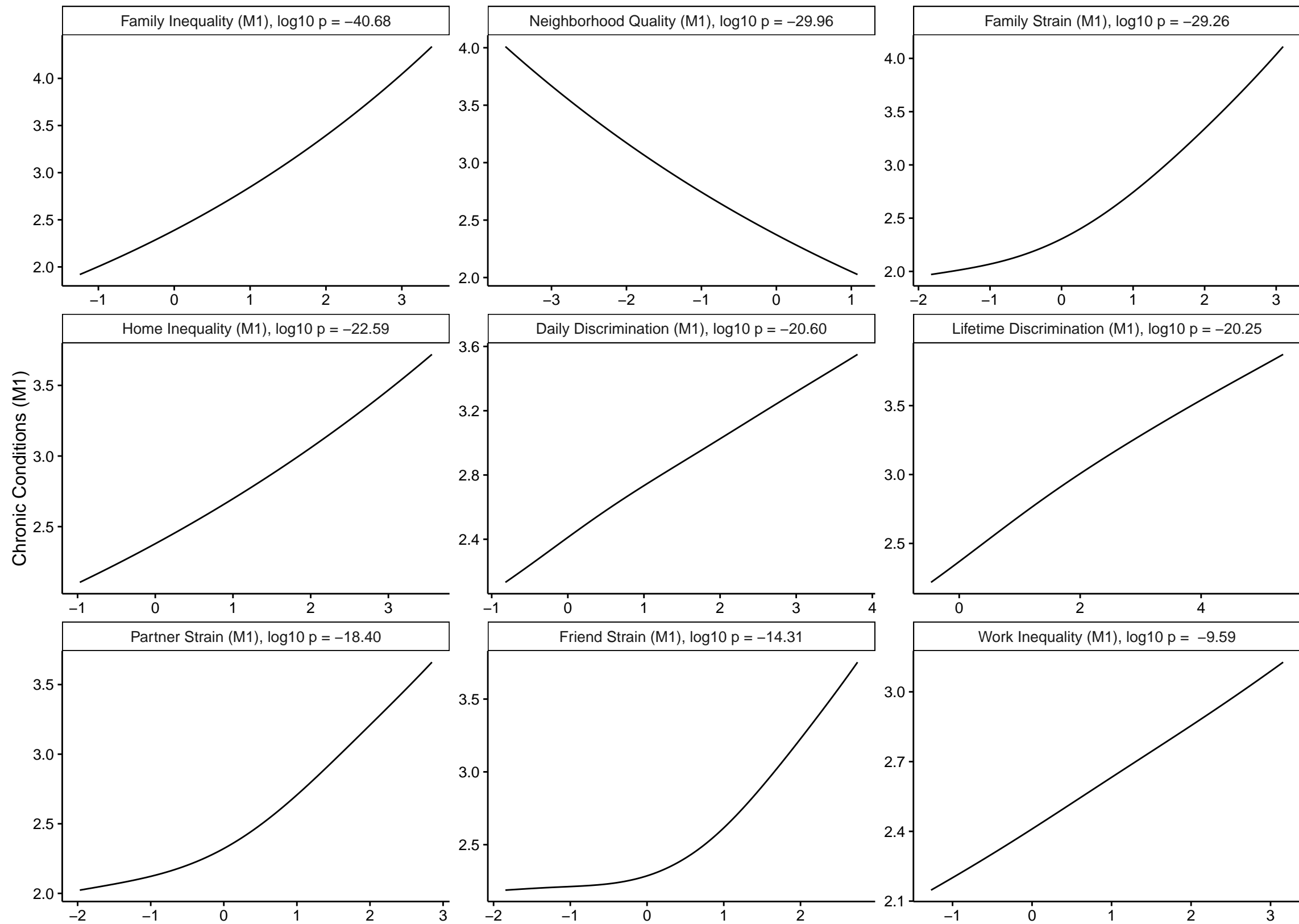




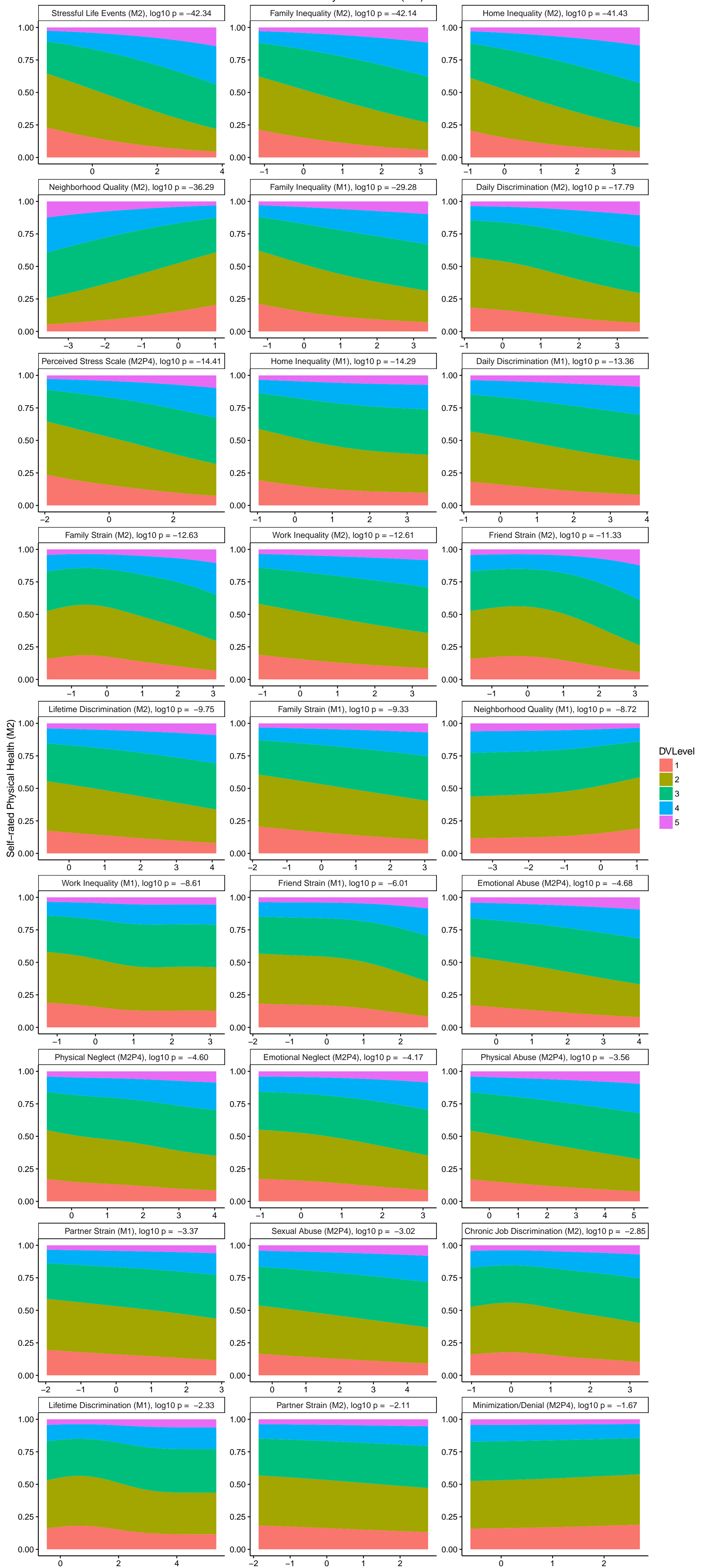
# Self-rated Relative Health (M1)



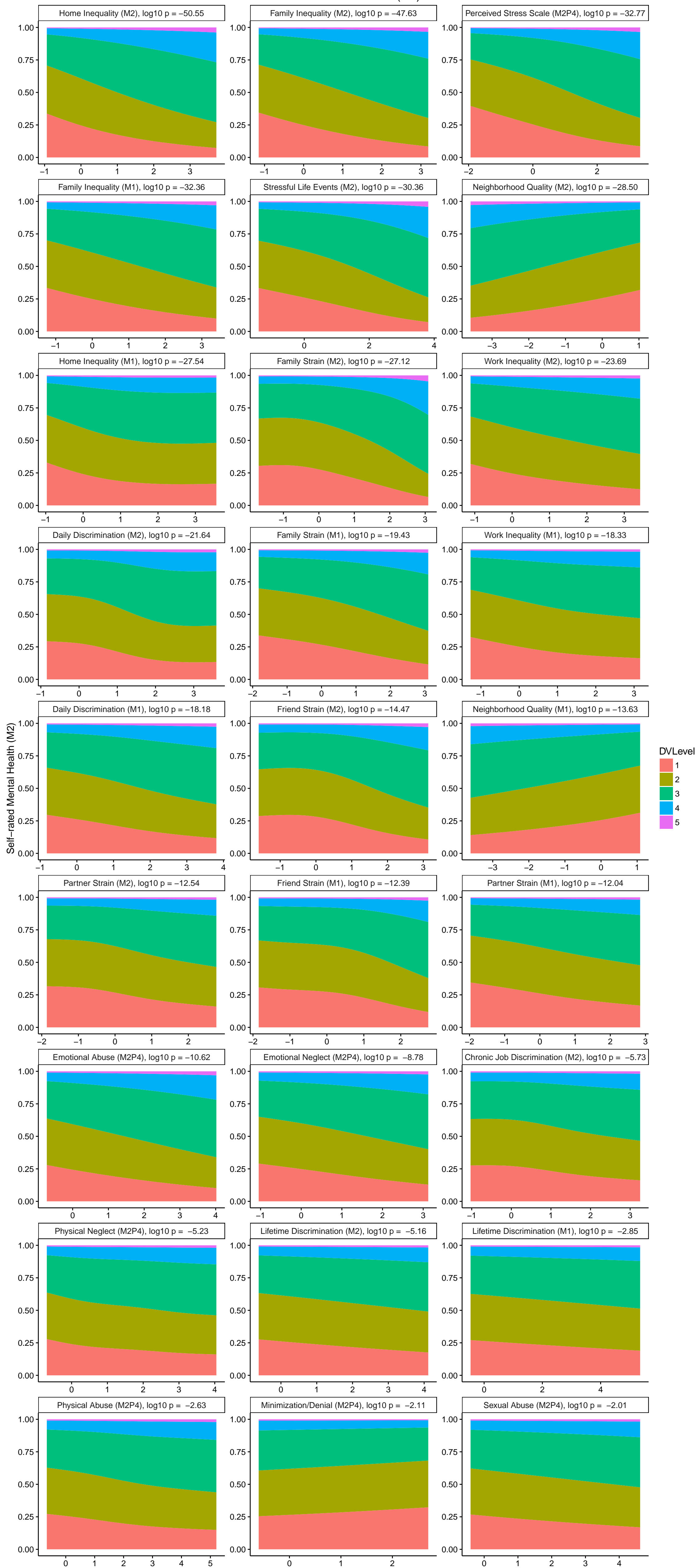
## Chronic Conditions (M1)



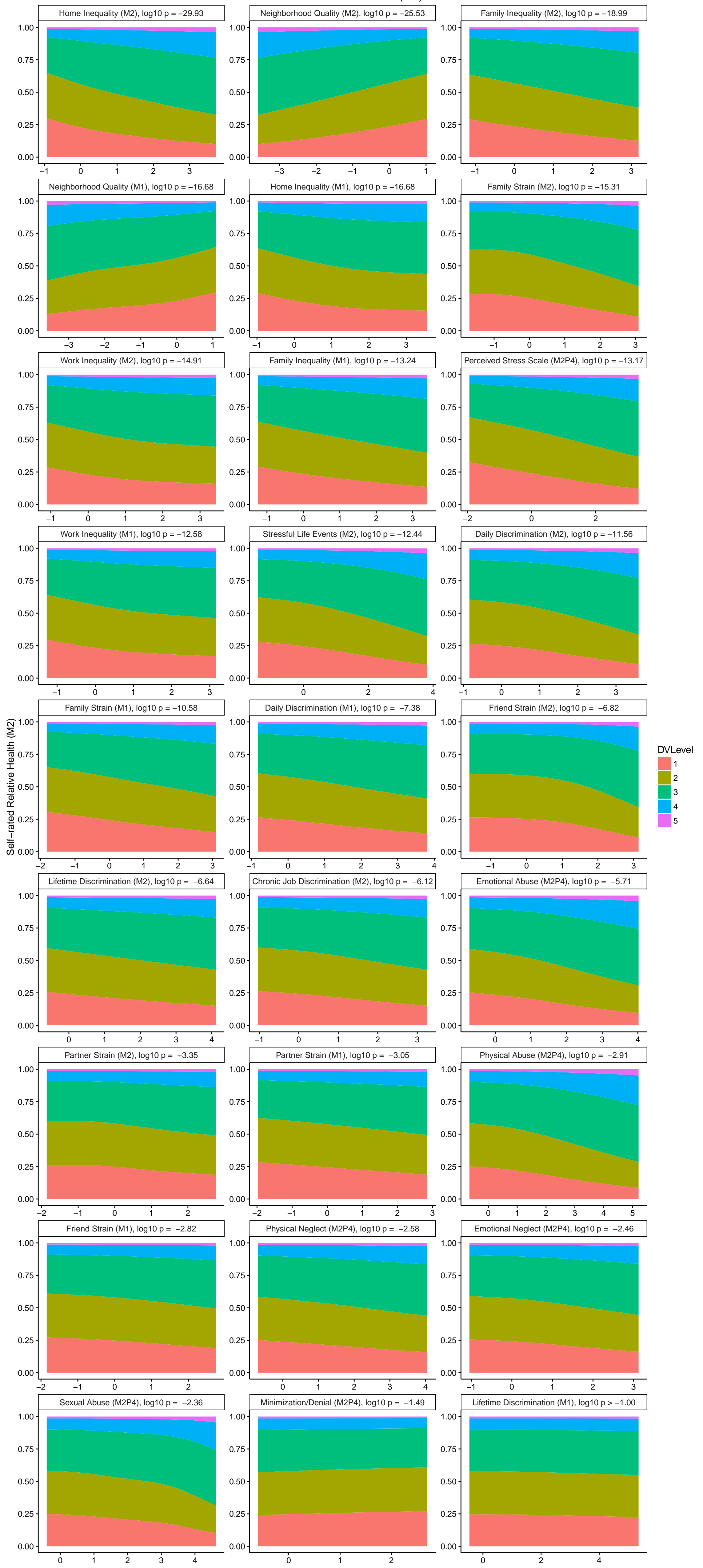
# Self-rated Physical Health (M2)



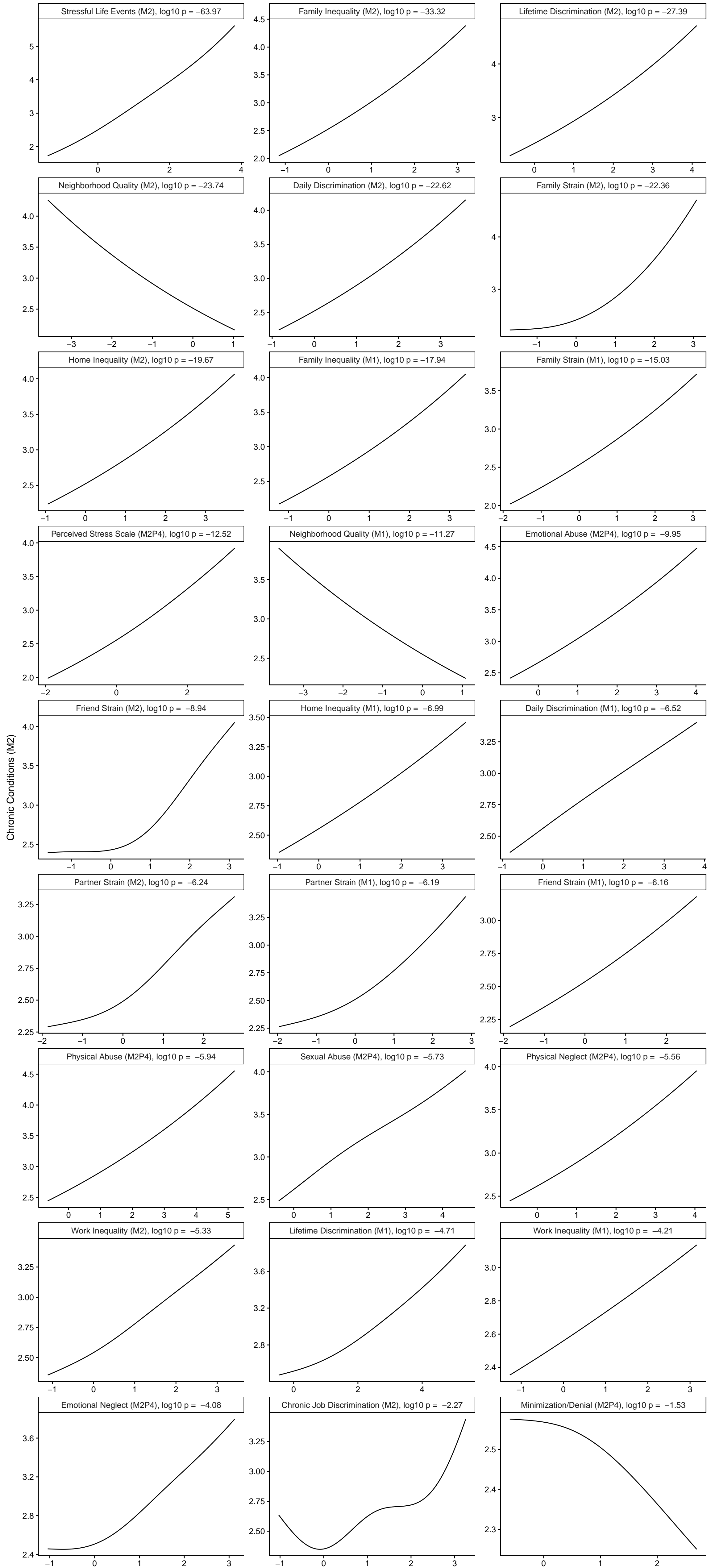
# Self-rated Mental Health (M2)



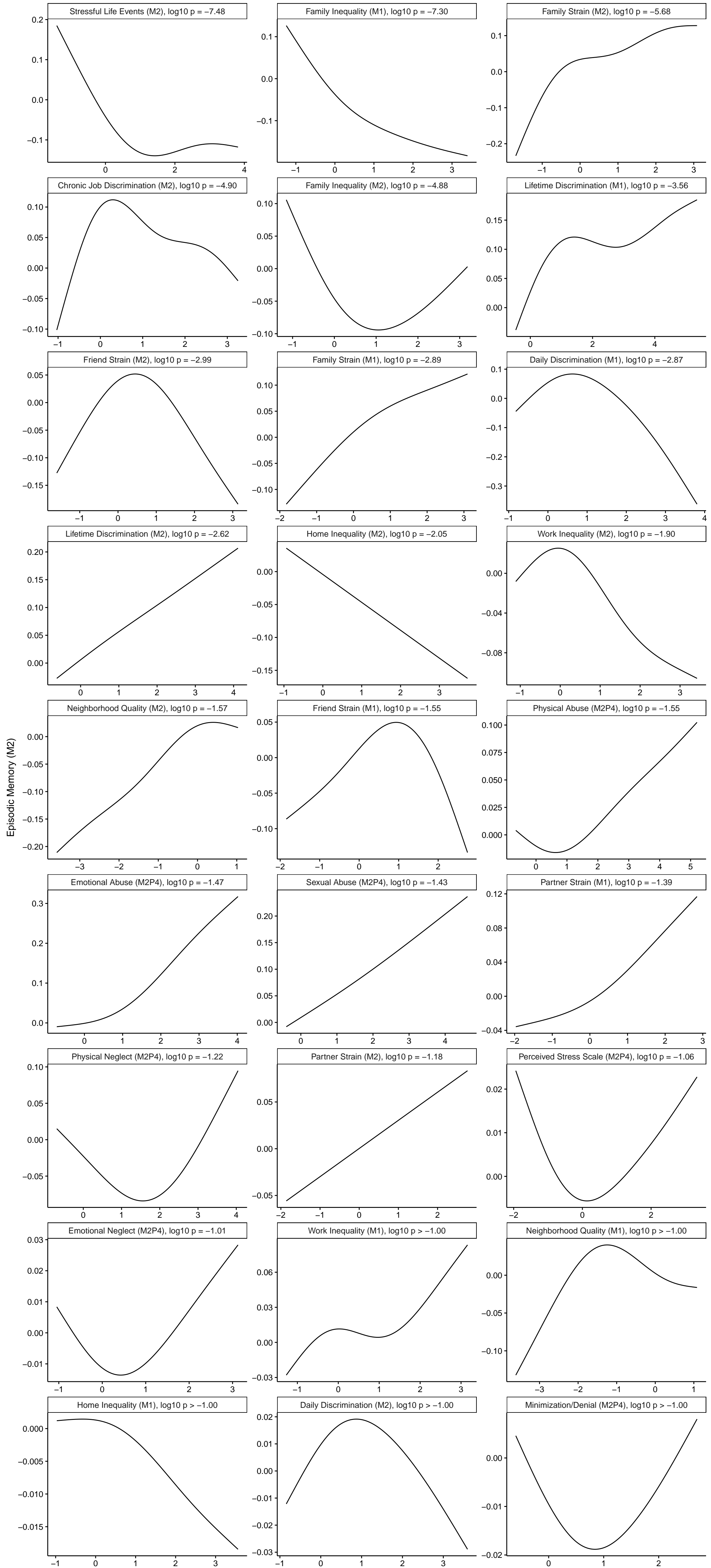
Self-rated Relative Health (M2)



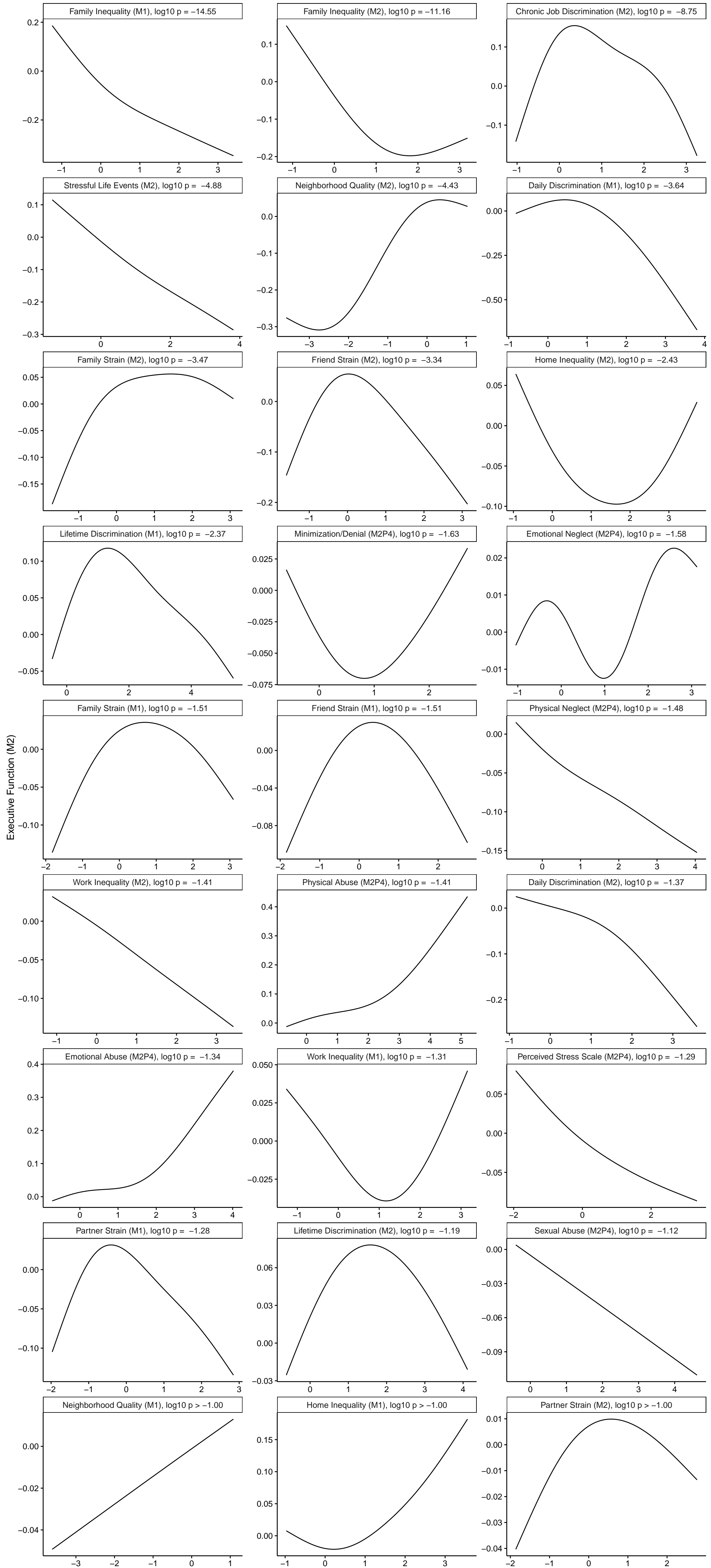
Chronic Conditions (M2)



Episodic Memory (M2)

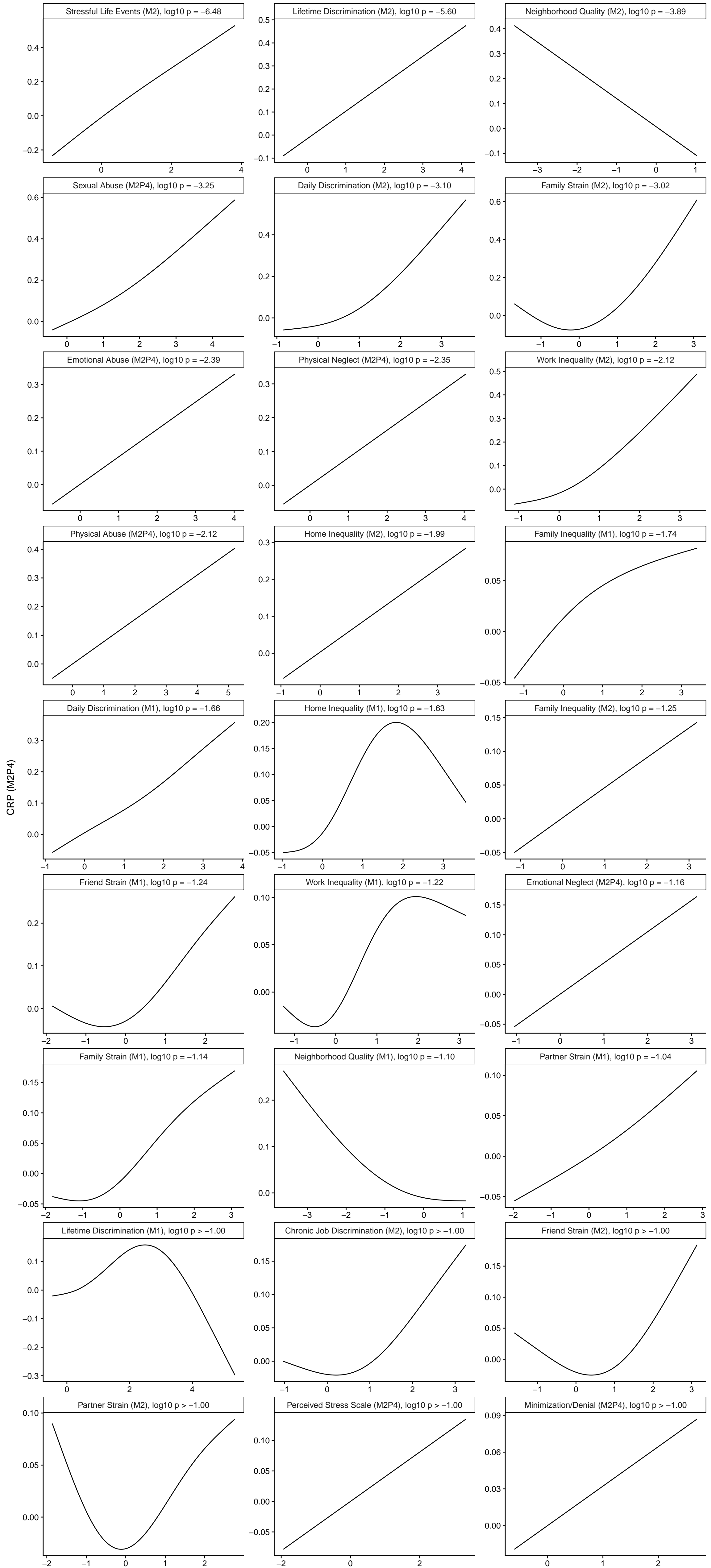


Executive Function (M2)

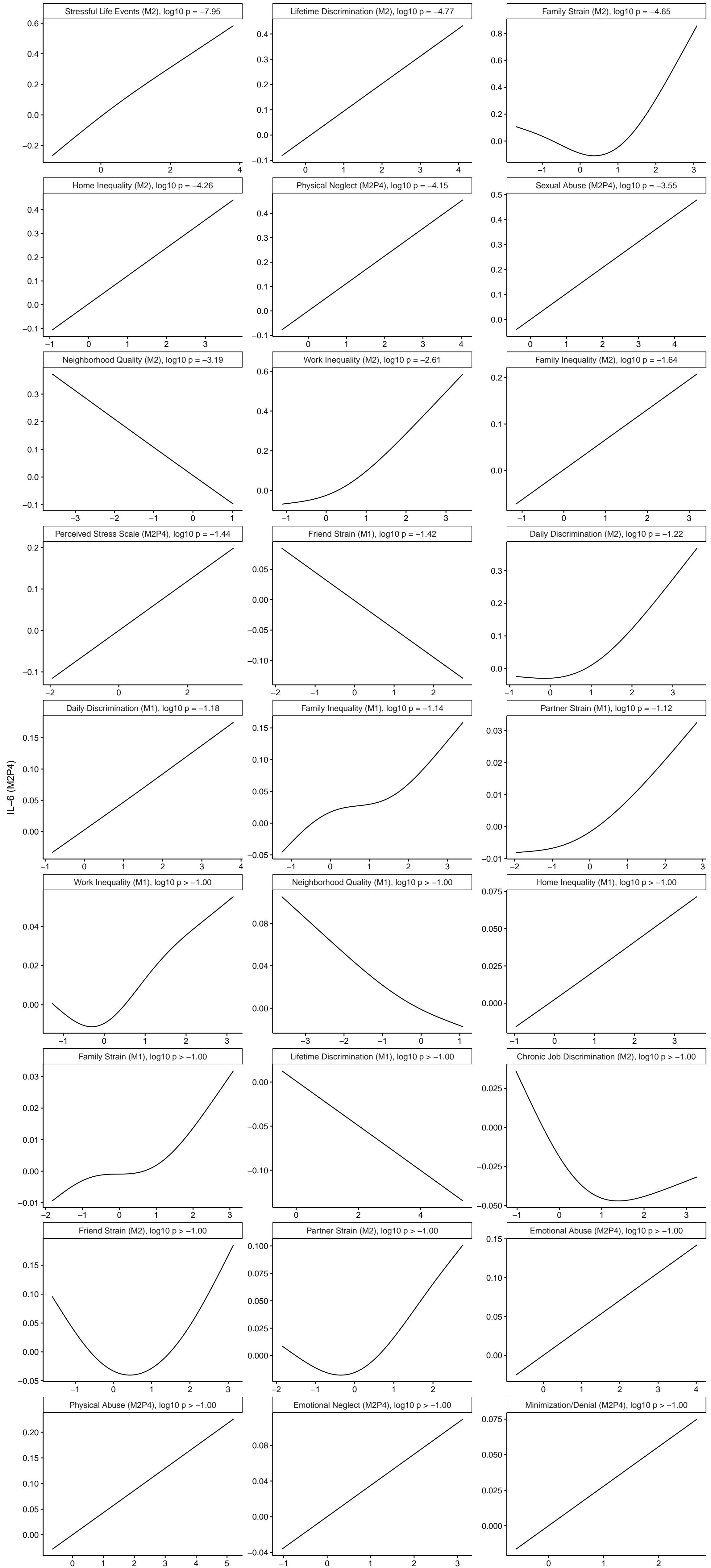




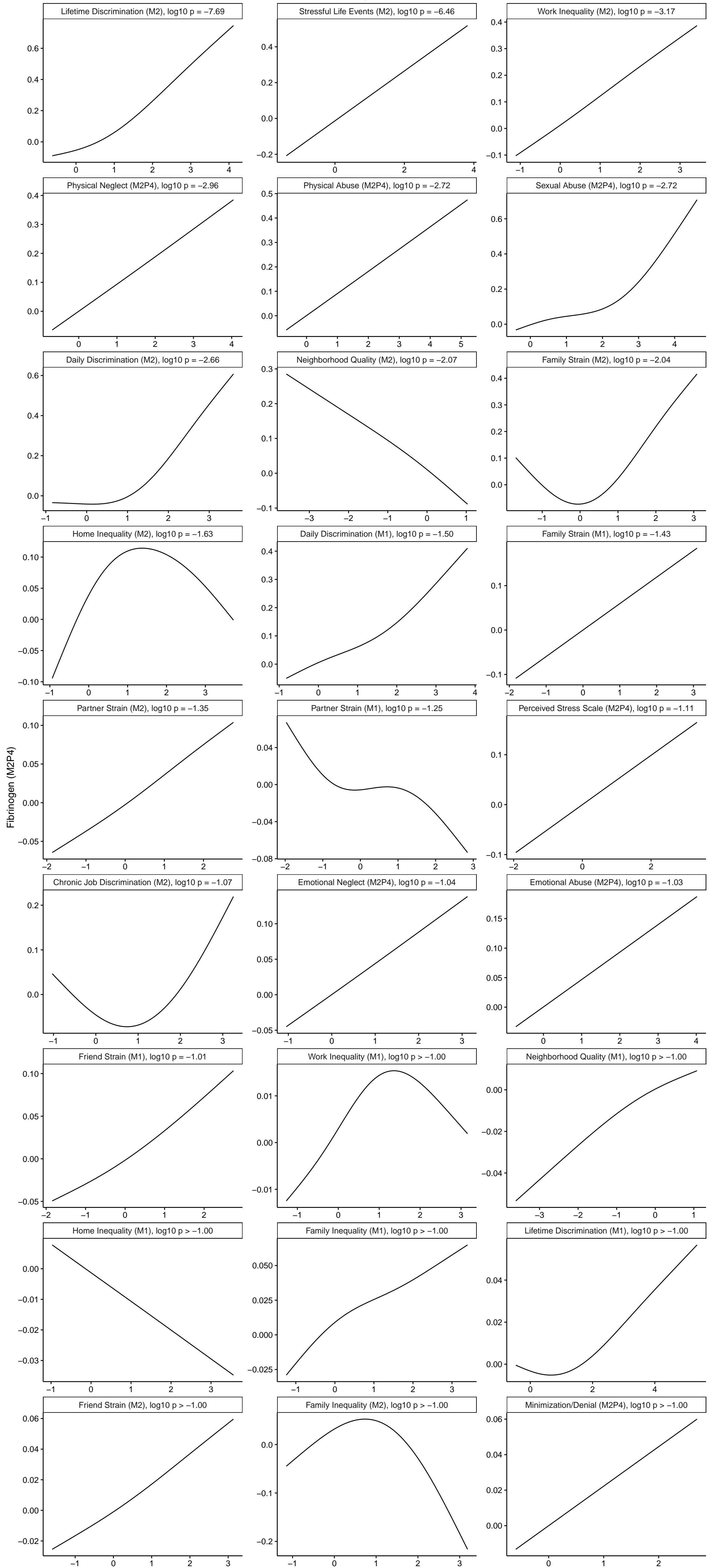
CRP (M2P4)



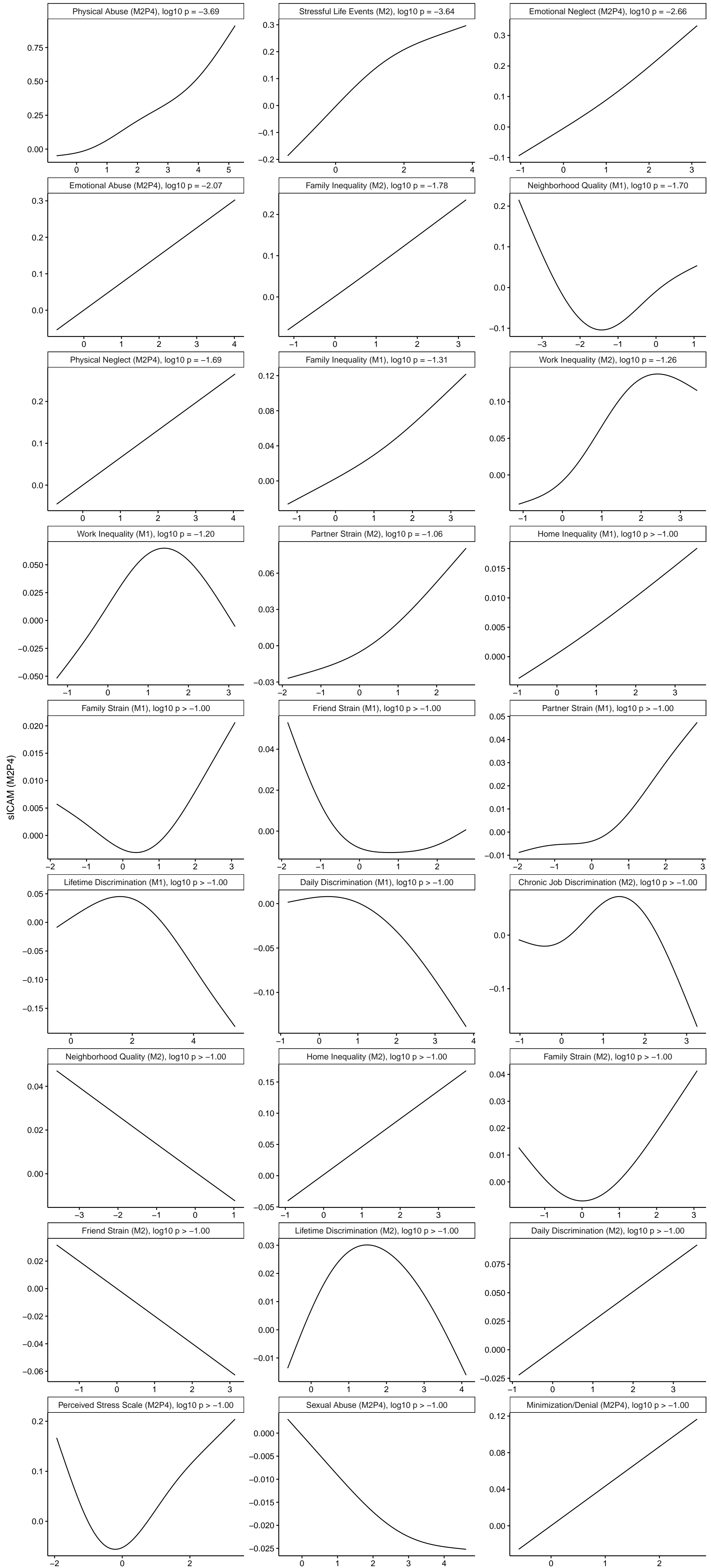
IL-6 (M2P4)



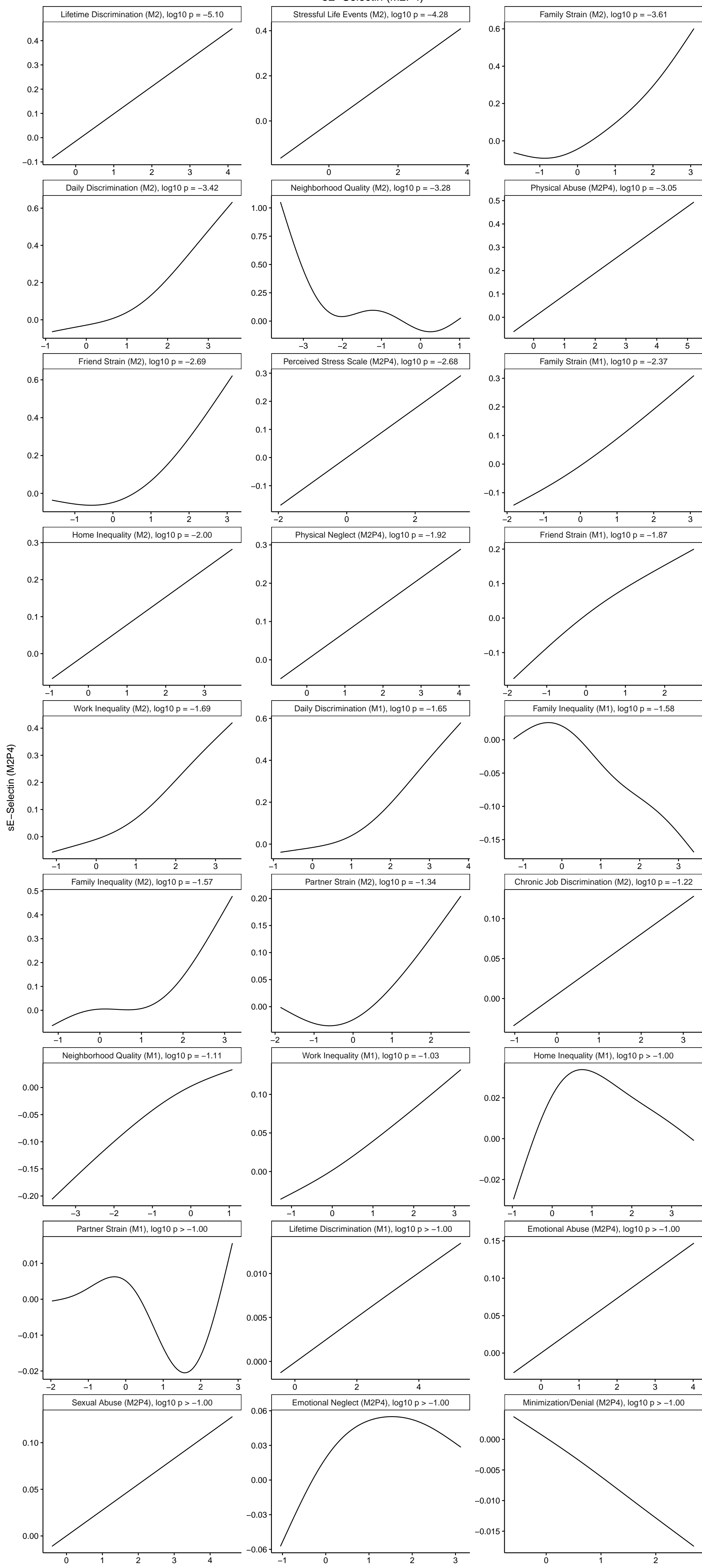
Fibrinogen (M2P4)



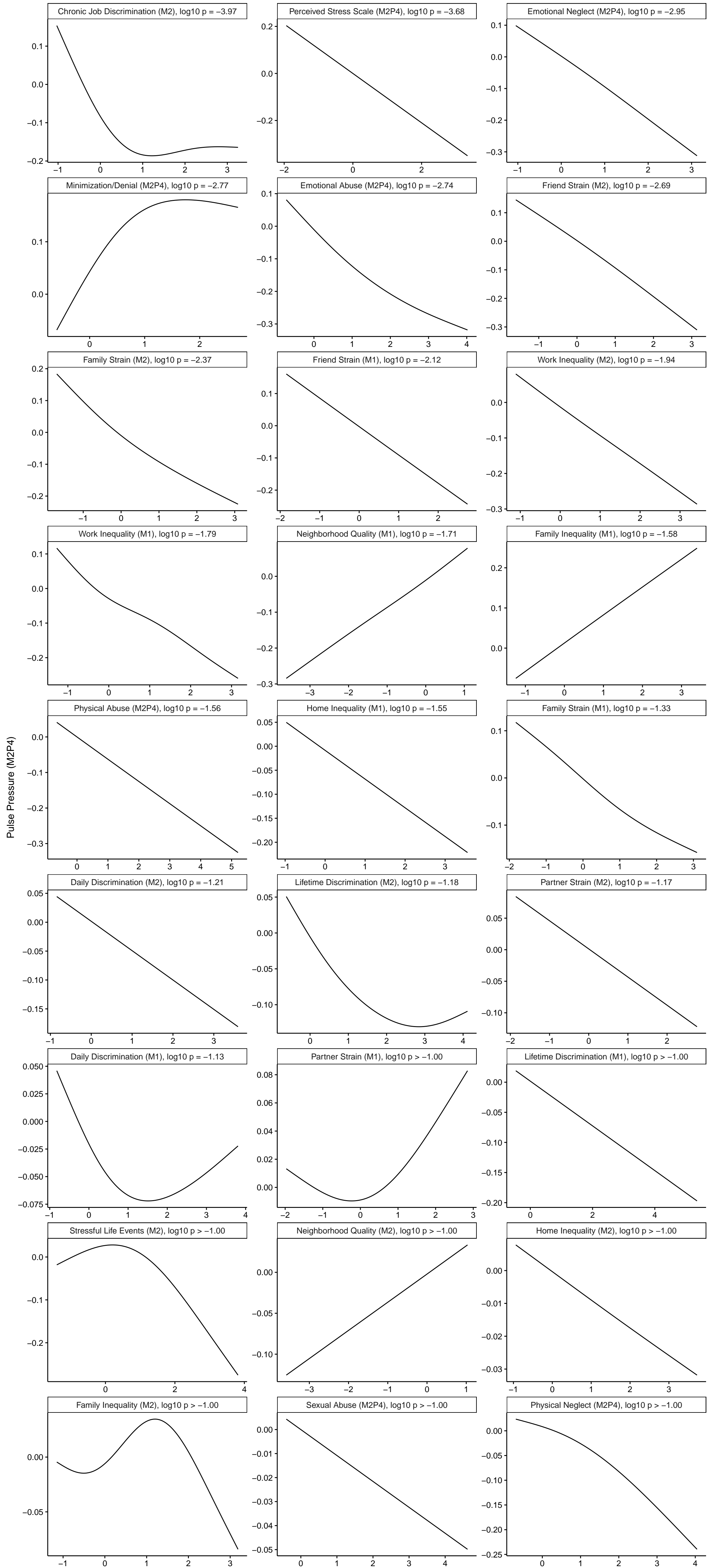
sICAM (M2P4)



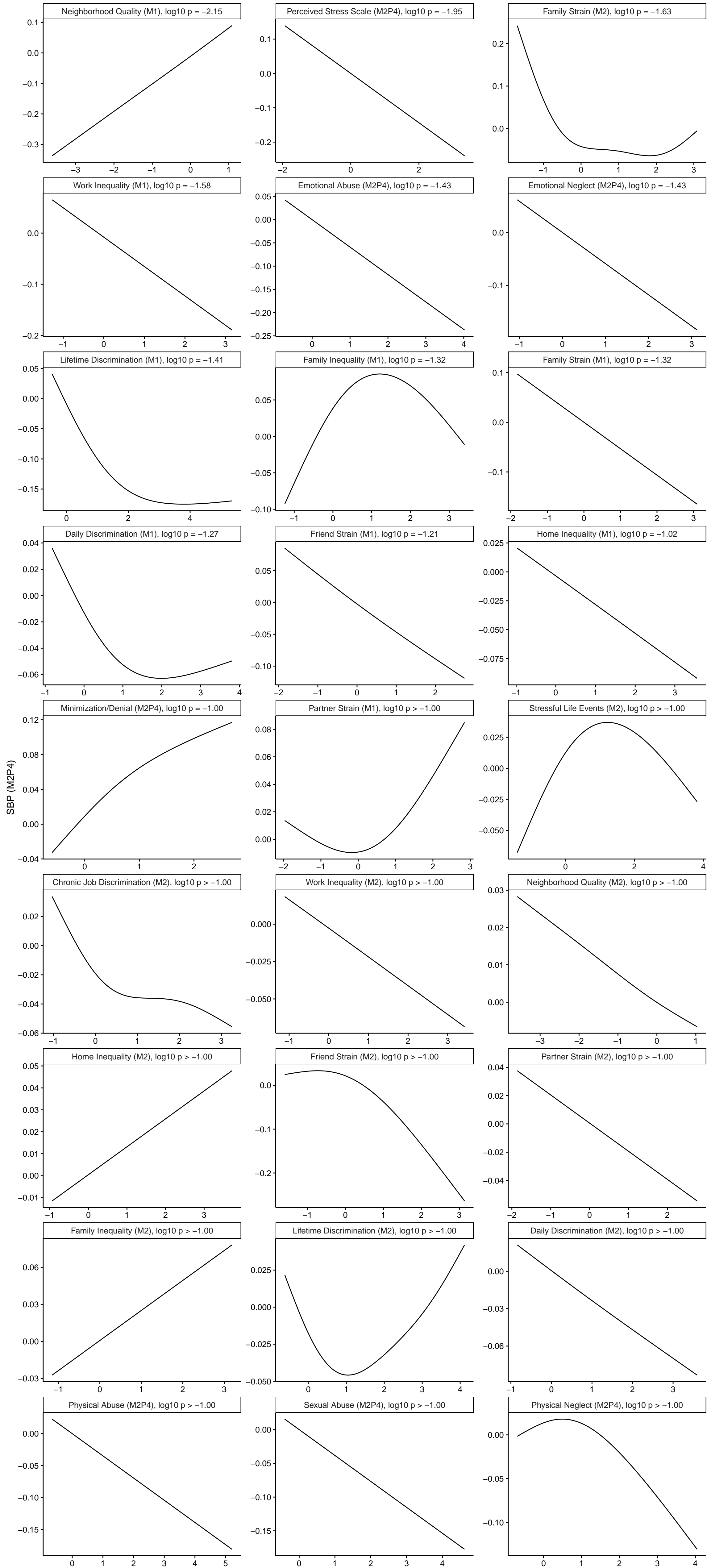
sE-Selectin (M2P4)



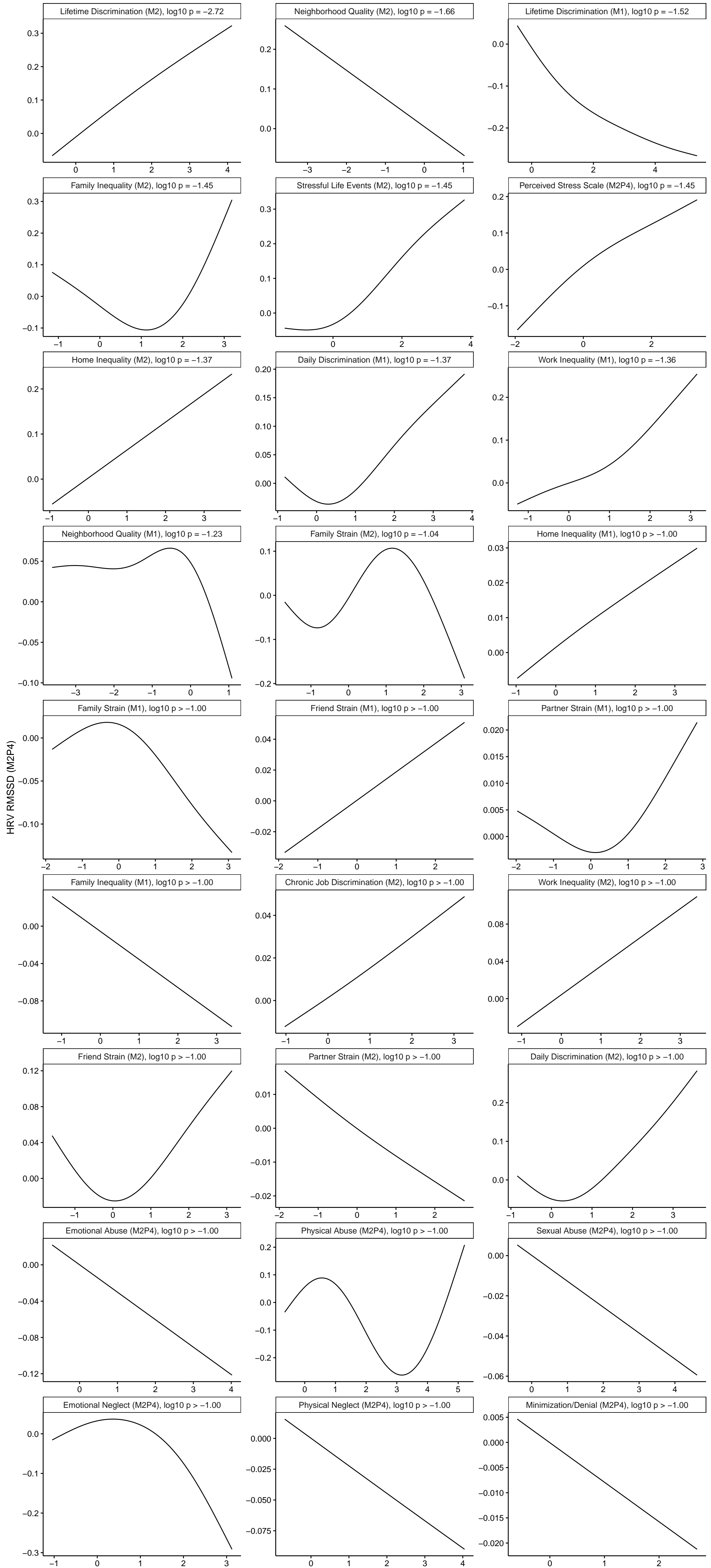
Pulse Pressure (M2P4)



SBP (M2P4)

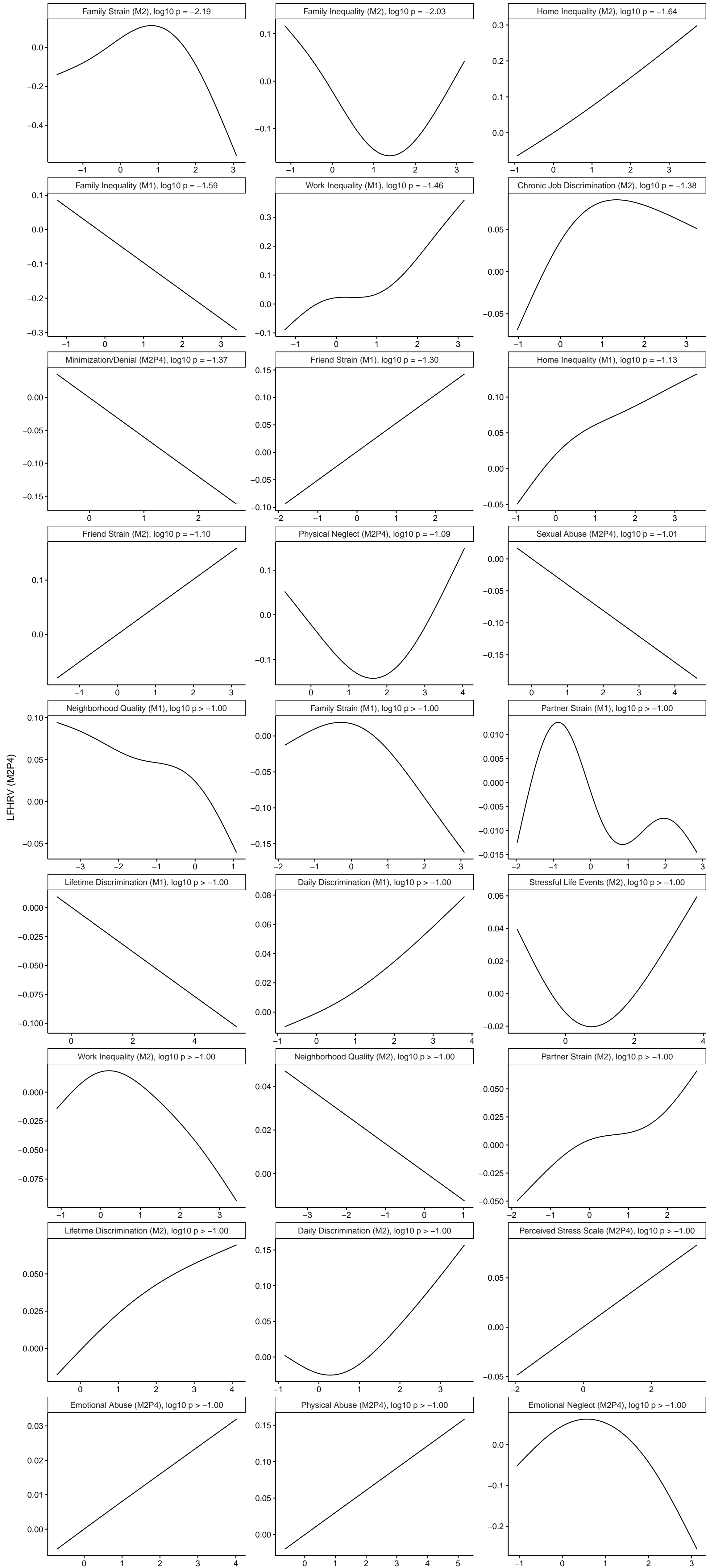


HRV RMSSD (M2P4)

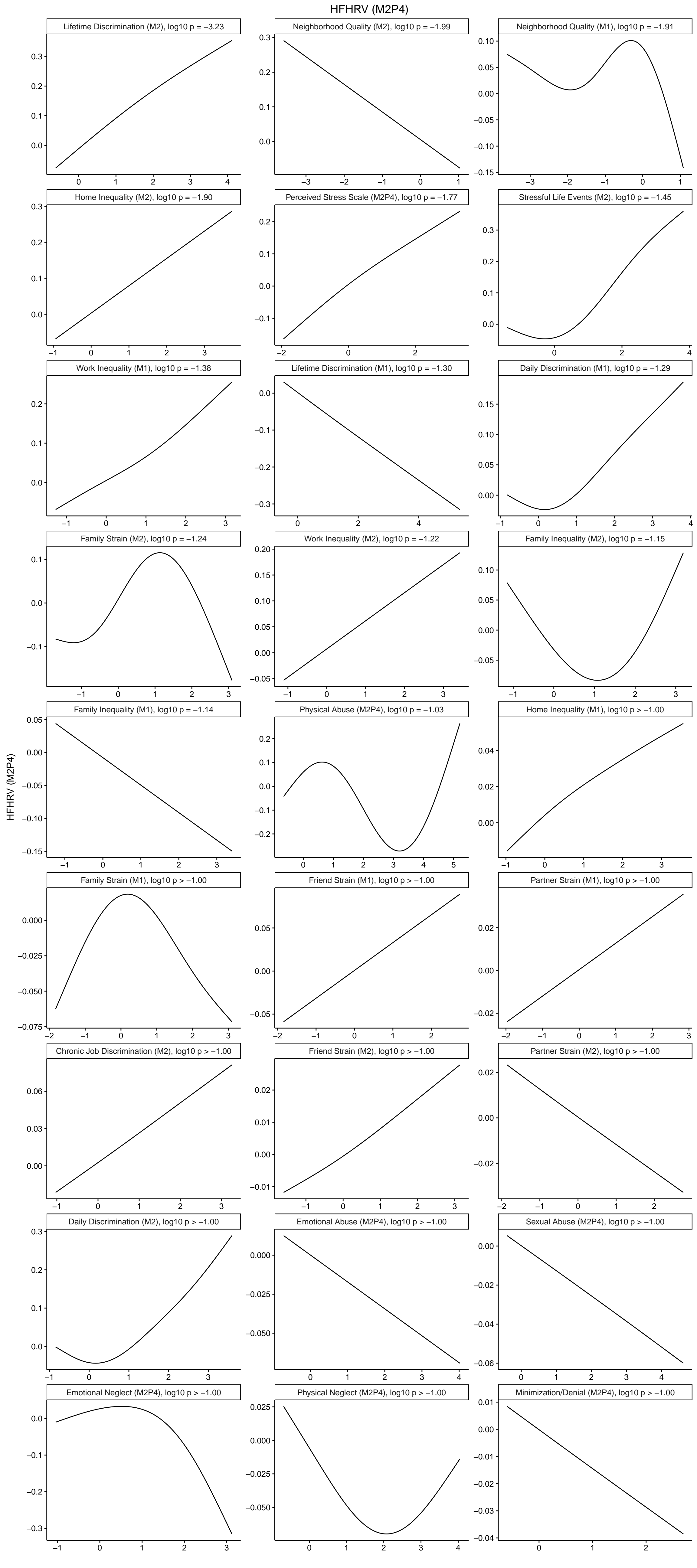




LFHRV (M2P4)



# HFHRV (M2P4)



Mortality

